

Title : Michigan Mile

Category #1 : Conditioning

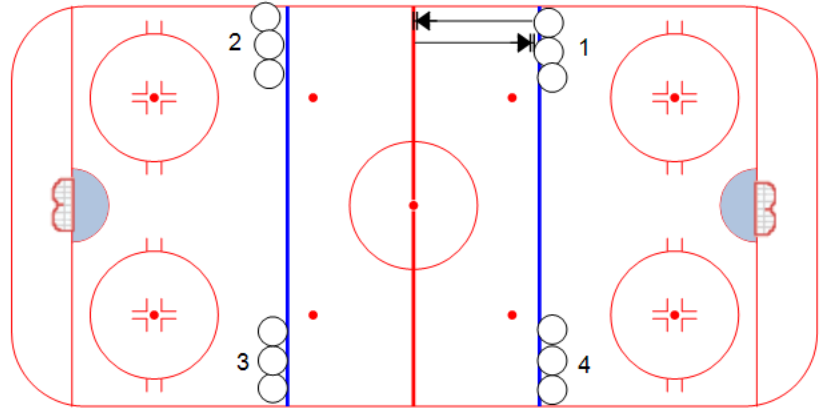
Category #2 : Skating

Description

Four groups, on blues, facing each other. As soon as group 1 finishes, group 2 goes. Then 3, then 4, then back to 1.

1. red line and back - 5 push-ups
2. far blue line and back - 5 push-ups
3. red, back, far blue, back - 5 push-ups
4. far blue, red, far blue, back - 5 push-ups
5. red, back, far blue, back - 5 push-ups
6. far blue line and back - 5 push-ups
7. red line and back - 5 push-ups

Variations: Sit-ups instead of push-ups; down on knees at each stop; add pucks; etc.



Key points :