



HORSESHOES



Athlete Training Guide



Week 1

Nutrition Focus

Eating right is important to your health and your sports performance. Eating right can be easy and enjoyable because there are many delicious healthy choices. Your goal is to eat at least 5 total fruits and vegetables every day! Here some examples of meals you can have for breakfast, lunch, and dinner that are packed with fruits and vegetables:

- **Breakfast:** Try making a parfait! Start with some yogurt and add in granola, nuts, and your favorite fruits and you have a quick and healthy breakfast!
- **Lunch:** Swap out your peanut butter and jelly sandwich for a peanut butter and banana sandwich. Not only will this satisfy a fruit serving, but it is also lower in fat, calories, and sodium. Add in a side of baby carrots for a well-rounded meal.
- **Dinner:** At dinnertime add in a side salad to get a wide variety of vegetables.

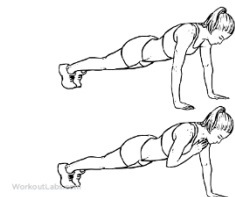
Training

1. Warmup

- a. 5 minutes of walking.
- b. Stretching
 - i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
 - ii. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds.
 - iii. Triceps Stretch: Lift your left arm above your head, then bend your elbow, bringing your forearm and hand behind your head. Place your right hand behind your left elbow and pull backward until you feel a gentle stretch through your triceps. Stretch for 5 seconds, the switch arms.
 - iv. Neck Stretches: Look straight ahead and alternate turning your head back and forth from the left to the right as far as possible. Perform 15 to 20 reps
 - v. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.

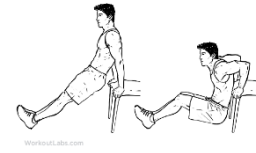
2. Training

- a. Working on endurance and strength
 - i. Pushups: Do 3 sets of 15 repetitions.
 - ii. Plank Tap: While starting in a pushup form, tap your right hand to your left shoulder. Bring it back down to the floor, then tap your left hand to your left shoulder. Do this 10 times with each arm. Plank taps pictured.





- iii. Triceps Dips: Sit on the floor with your knees bent and feet flat and your back against a sturdy box, step, or chair. Place your hands on the box, fingers toward your body. Straighten your arms to lift your bottom, then bend your elbows to lower yourself without sitting down completely. Do 3 sets of 10 repetitions. Triceps dips pictured.
- iv. Shoulder Lift: Stand with feet hip-width apart and extend arms out at shoulder height with a small bend in elbows, palms facing up. Keep your shoulder blades back and down, raise arms one to two inches, then lower back to starting position. Repeat for 1 minute.
- v. Planks: 30 second plank, 30 second rest, repeat twice. With your feet pressed into the ground, raise yourself onto your elbows. Make sure that you don't stick your butt in the air, or arch your back inwards. You want your body to form a straight line from your ankles to shoulders. Suck your belly button in towards your spine to fully engage your core.
- vi. Repeat circuit 2-3 times.



3. Cool Down

a. 5-minute walk

b. Stretch

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
- iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
- iv. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.



Week 2

Nutrition Focus

Now you know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Here is a list of the other food groups and some great choices in each group that make up a healthy meal or diet.

- Grains:
 - Brown or Wild, or Unpolished Rice
 - Oatmeal
 - Whole Grain Bread & Pasta
- Dairy:
 - Low-fat or Skim Milk
 - Low-fat Cheese
 - Low-fat, unsweetened yogurt (watch the sugar!)
 - Cottage Cheese
- Protein:
 - Lean Meats
 - Eggs
 - Fish (frozen, fresh or canned)
 - Nuts

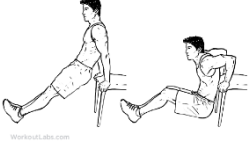
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The illustration shows two views of a person performing triceps dips. On the left, the person is in the starting position, sitting on the floor with their back against a chair, hands on the chair seat, and feet flat on the floor. On the right, the person is in the middle of the dip, with their arms bent and their body lowered towards the floor. A small watermark 'Workoutlab.com' is visible at the bottom of the illustration.
 - iii. Air Toss and Catch: Toss a horseshoe in the air vertically in front of you, about 1 foot up then catch it as it comes back down. They should try to get the horseshoe to flip once or turn once (depending on if they Flip or Turn) while it is in the air. This simple exercise will help them gain hand-eye coordination while envisioning a flip or turn. Do this 20 times.
 - a. If you do not have a horseshoe at home, use a small ball or beanbag.
 - iv. Imaginary Stake: Mark out the correct distance from where you pitch the horseshoe from to where the stake would be. This could be on their lawn or other unobstructed outdoor site. The athletes pitch their horseshoe to the designated stake location. This drill allows the athlete to work on many components (Swing, Step, Distance, Height, Open Shoe, etc.) depending on the focus area they need to work on. This drill can also be accomplished using balls, or bean bags. Do this 20 times.
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muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.

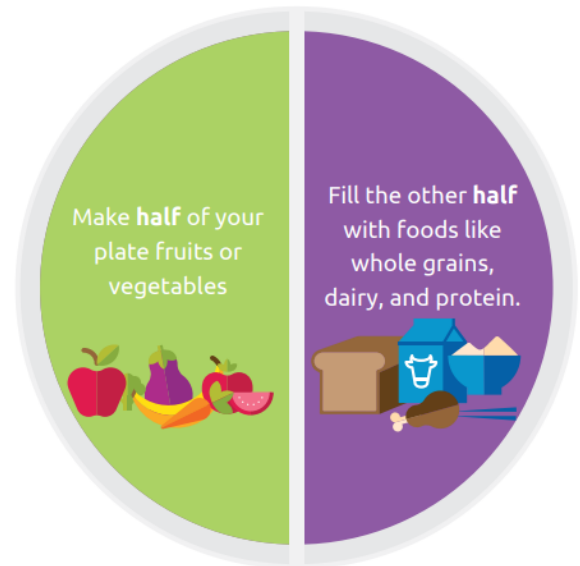


Week 3

Nutrition Focus

Now that you know what types of foods to eat here is how to build a healthy plate for a meal or for a snack.

- Watch the amounts of food you put on your plate
- Save junk food like desserts, chips and sodas for special occasions.
- Make half of your plate fruits or vegetables (see diagram below).
- Fill the other half with foods like whole grains, dairy, and protein.
- Add more fruits and vegetables to your meals.
- Keep snacks healthy and small.



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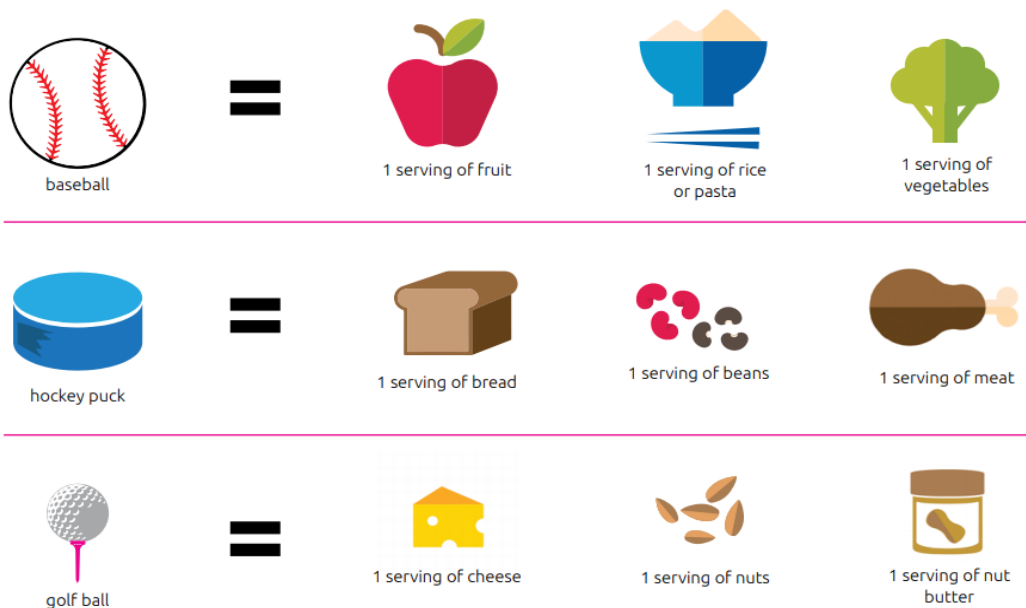


Week 4

Nutrition Focus

The amount of food you eat is one of the most important parts of building a healthy eating style. Choosing smaller portions can help you stay within your calories needs. Be aware of the amount of what you eat and drink during meals and snacks. Some commonly eaten foods can provide more calories than we realize. You can cut down on calories by choosing a smaller portion.

Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right:



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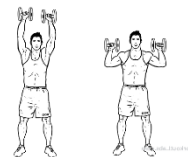


your left elbow and pull backward until you feel a gentle stretch through your triceps. Stretch for 5 seconds, then switch arms.

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Week 5

Nutrition Focus

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

- Apple slices dipped in peanut butter
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes or fruit
- Carrots or peppers dipped in hummus
- Celery topped with peanut butter and raisins

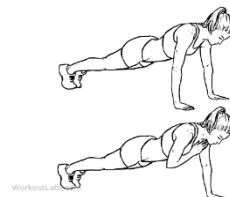
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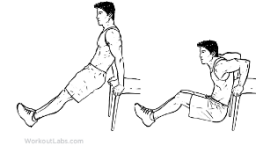
2. Training

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 - i. Pushups: Do 4 sets of 15 repetitions.
 - ii. Plank Tap: While starting in a pushup form, tap your right hand to your left shoulder. Bring it back down to the floor, then tap your left hand to your left shoulder. Do this 10 times with each arm. Plank taps pictured.





- iii. Triceps Dips: Sit on the floor with your knees bent and feet flat and your back against a sturdy box, step, or chair. Place your hands on the box, fingers toward your body. Straighten your arms to lift your bottom, then bend your elbows to lower yourself without sitting down completely. Do 3 sets of 10 repetitions. Triceps dips pictured.



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Week 6

Nutrition Focus

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance. Your goal is to drink 5 bottles of water every day! Your water bottle should be 16-20oz.

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well. This is called dehydration. Signs of Dehydration include: •

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.



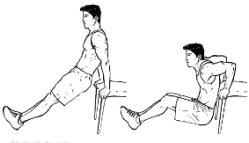


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WorkoutLabs.com
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Week 7

Nutrition Focus



There are many beverage options available, but some of them are healthier choices than others.

- Sodas, energy drinks, and sports drinks are NOT good beverage choices because they have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.
- Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts. Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.
- Water is the best choice for a beverage! Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

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 - ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
 - iii. Shoulder Stretch: Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
 - iv. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.

Week 8

Nutrition Focus



Now that you have learned what food and drinks you should be consuming, let's take a look at how you can tell what's in the products you are buying. All packaged food and drinks come with a nutrition label meant to tell you exactly what you're consuming. Understanding what's in the foods you eat helps you make healthier choices.

Important parts of a food label:

- **Serving size:** Always start with the serving size amount, the rest of the information on the label is based on that. Pay attention to the serving size when you are preparing your meal. For example, if you buy a bag of pretzels and the label says that 1 serving is 15 pretzels, be sure to limit yourself to that amount.
- **Calories:** A calorie is a way to measure how much energy a food provides to your body. The number on the food label shows how many calories are in one serving of that food. The amount of calories a person needs depends on their age, weight, gender, and activity level. Visit <https://www.lifespanfitness.com/fitness/resources/calories-calculator> to see how many calories you should consume each day.
- **Fat:** Our bodies need a little fat every day because it is an important source of energy. Unsaturated fats, which are found in vegetable oils, nuts and fish, are often called “good fats” because they don’t raise cholesterol levels. Saturated fats and trans fats are considered “bad” so you want to try and avoid products high in trans fats.
- **Fiber:** Fiber is important for your digestion. Fiber has no calories and can help you feel full. Ideally you should select foods that have at least 3 grams of fiber per serving.
- **Added Sugars:** An added sugar is a sugar type that doesn’t occur naturally within the product and has been added to sweeten the packaged food item. Try to avoid products with added sugars or look for smaller numbers.

Nutrition Facts:	
Serving size: 1oz (28g)	
Servings per container: about 14	
Amount/Serving	% DV*
Calories 150	Fat Cal. 80
Total Fat 8g	12%
Sat. Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carb. 12g	3%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 6g	
Vitamin A 2%	Vitamin C 5%
Calcium 3%	Iron 6%
<i>*Percent Daily Values (DV) are based on a 2,000 Calorie diet.</i>	

INGREDIENTS: Cranberries (Sugar, Sunflower Oil), Dried Mango (Sugar, Citric Acid) [product of Thailand], Roasted Almonds (Sunflower Oil), Walnuts, Pumpkin Seeds [product of China].

ALLERGY INFORMATION: Contains Tree Nuts (Almonds, Walnuts). Manufactured in a facility that processes peanuts/tree nuts. Our products may contain occasional pit, shell pieces, and other naturally occurring objects.

Training

1. **Warm up**
 - a. 5 minutes of walking.



b. Stretching

- i. Arm Circles: 30 seconds forward, 30 seconds backwards. Start with small circles and slowly make them bigger and bigger.
- ii. Arm swings: 30 seconds. Pretend like you are giving yourself a big hug, then pull your arms back as far as you can. Repeat this for 30 seconds.
- iii. Triceps Stretch: Lift your left arm above your head, then bend your elbow, bringing your forearm and hand behind your head. Place your right hand behind your left elbow and pull backward until you feel a gentle stretch through your triceps. Stretch for 5 seconds, the switch arms.
- iv. Neck Stretches: Look straight ahead and alternate turning your head back and forth from the left to the right as far as possible. Perform 15 to 20 reps
- v. Upper Body Rotations: Stand with your feet shoulder-width apart and your arms out to your sides. Your body should be in a "T" shape at this point. Keeping your lower body still, rotate your upper body back and forth from your right to left sides 15 to 20 times.

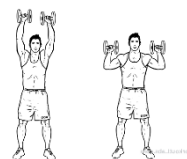
2. Training

a. Working on endurance, strength, and skills.

- i. Pushups: Do 4 sets of 15 repetitions
- ii. Shoulder Lift: Stand with feet hip-width apart and extend arms out at shoulder height with a small bend in elbows, palms facing up. Keep your shoulder blades back and down, raise arms one to two inches, then lower back to starting position. Repeat for 1 minute.
- iii. Horseshoe approach: Without throwing the horseshoe (or small ball), work on your approach leading up to your throw. First, focus on your stance. Second, focus on your footwork. Next, focus on your swing and follow through. Repeat the whole approach 10 times. This will help you perfect your approach without focusing on throwing the horseshoe.
- iv. Imaginary Stake: Mark out the correct distance from where they pitch from to where the stake would be. This could be on their lawn or other unobstructed outdoor site. The athletes pitch their horseshoe to the designated stake location. This drill allows the youth to work on many components (Swing, Step, Distance, Height, Open Shoe, etc.) depending on the focus area they need to work on. This drill can also be accomplished using balls, or bean bags. Do this 20 times.

- a. If you do not have a horseshoe at home, use a small ball or bean bag.

v. Repeat the circuit 2-3 times.



3. Cool Down

- a. 5-minute walk
- b. Stretching



- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
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