

# Pony Express With 5 Burpees/5 Jumping Squats

## Objective:

Pony Express is a running game. Burpees are a total body strength and conditioner. Combining these two activities makes a great training activity for athletes. Jumping Squats are a fantastic plyometric exercise to develop muscular strength and power by recruiting more fast twitch muscle fibers in the legs. The Pony Express with 5 Burpees +5 Jumping Squats will:

- Develop and improve overall conditioning.
- Increase total body muscular strength.

## Materials:

4 cones, swimming pool noodle

## Procedures:

1. Split team into 2 groups. Each group is a team.
2. Set up cones so that you form a big box with 50 ft per side.
3. Set up one team behind cone in upper left corner of box. Set up the other team behind cone in lower right corner of box.

4. On the go signal, the first person in line for each team will start running in the same direction around the outside of the cones, while holding the pool noodle. They are doing two things: 1. Running fast so that the other person doesn't catch up to them and tag them with the pool noodle. 2. Trying to catch up to the other person and tag them with the pool noodle.
5. Each person runs around the box one time and hands off the noodle to the next person in line.
6. This is a "cat and mouse" game. You are trying to catch your opponent while trying to not be caught at the same time.
7. As soon as the teammate returns to the starting cone they must perform 5 burpees AND 5 Jumping Squats before returning to the end of the line. Adding the burpees and the jumping squats after an all-out run will make the athletes legs work hard.