Irish Dance Weekly Workout

-4 Cups of Water a Day (8 oz. each)

-8 Hours of Sleep (10 for younger children)

-15-60 Minutes of Dance Practice (Dance Class Counts!)

-15 Minutes of Daily Mental Strengthening

--Only 1 Junk Food a day (0 is always better)

-3 Core Exercises

Dance Workout Breakdown for Beginners / Advanced Beginners - 15-30 Minutes a Day

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| 5 Minutes – Stretching  Learn Your Dances!  Use a Video taken from class or the printouts of the steps to go through the steps. Try to get them to music. | 5 Minutes – Stretching  Learn Your Dances!  Use a Video taken from class or the printouts of the steps to go through the steps. Try to get them to music. | 5 Minutes – Stretching  Learn Your Dances!  Use a Video taken from class or the printouts of the steps to go through the steps. Try to get them to music. | 5 Minutes – Stretching  Learn Your Dances!  Use a Video taken from class or the printouts of the steps to go through the steps. Try to get them to music. | 5 Minutes – Stretching  Learn Your Dances!  Use a Video taken from class or the printouts of the steps to go through the steps. Try to get them to music. |

Dance Workout Breakdown for Novice/Prizewinner/Champs - 30 Minutes – 1 Hour a Day

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day 1 – Main Hard Shoe Dance or Treble Jig | Day 2 – Soft Shoe | Day 3 – Main Hard Shoe Dance or Hornpipe | Day 4 – Soft Shoe | Day 5 – Hard Shoe –  Your Choice |
| 5 Minutes – Stretching  5 Minutes – Treble Jig Drills  5 Minutes – Whole Dance  5 Minutes – Fix one Thing 10 Minutes – 15 Step Stamina | 5 Minutes – Stretching  5 Minutes – Soft Shoe Drills  5 Minutes – Whole Dance  5 Minutes – Fix one Thing 10 Minutes – 15 Step Stamina | 5 Minutes – Stretching  5 Minutes – Hornpipe Drills  5 Minutes – Whole Dance  5 Minutes – Fix one Thing 10 Minutes – 15 Step Stamina | 5 Minutes – Stretching  5 Minutes – Soft Shoe Drills  5 Minutes – Whole Dance  5 Minutes – Fix one Thing 10 Minutes – 15 Step Stamina | IDEAS:  - Set Dance   * 48 Front Clicks * Traditional Sets * Hard Shoe Reels * Show Material * Turn Out Exercises |

Options for Core Exercises:

|  |  |  |
| --- | --- | --- |
| * 50 Sit Ups * 100 Regular Crunches * 100 Crunches to the Right * 100 Crunches to the Left | -50 Leg Lifts  -30 Push Ups  -60 second Right side Plank  -60 second Left side Plank | -60 second Regular Plank  -100 Bicycles  -50 Squat Thrusts |