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

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| Day 1 | Day 2  | Day 3  | Day 4  | Day 5  |
| 5 Minutes – StretchingLearn 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 – StretchingLearn 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 – StretchingLearn 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 – StretchingLearn 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 – StretchingLearn 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

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| 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 – Stretching5 Minutes – Treble Jig Drills5 Minutes – Whole Dance5 Minutes – Fix one Thing 10 Minutes – 15 Step Stamina | 5 Minutes – Stretching5 Minutes – Soft Shoe Drills5 Minutes – Whole Dance5 Minutes – Fix one Thing 10 Minutes – 15 Step Stamina | 5 Minutes – Stretching5 Minutes – Hornpipe Drills5 Minutes – Whole Dance5 Minutes – Fix one Thing 10 Minutes – 15 Step Stamina | 5 Minutes – Stretching5 Minutes – Soft Shoe Drills5 Minutes – Whole Dance5 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
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Options for Core Exercises:

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| * 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 |