

2017 Saint Joseph High School Cross Country Routines Sheet

DAILY WARMUP

Strength- Plank, R side plank, L side plank, supine plank (Add 5 secs each week x 3 sets)

Agility- Form running/pre meet starting line drills- Easy skip, High Skip, High knees, Straight leg bounds, lunge walk (x 25 Y each)

Mobility- Lunge matrix (x 10 each) Forward, Backward, forward w/twist, lateral, 45 degree back

+ Running prep- Split in to two groups and complete

-1 x hurdle flex drills (R lead over, L lead over, single hurdle over, lateral over, backward, unders)

- Pre run foam rolling- Achilles, calves, hamstring, IT band, gluts, hips, upper back, quads

- 1 x 100 M A walk drill

Meet as a team to cover workout objective and groupings for the day

POST RUN

- 4-6 x 100 M strides daily when completing a long run, maintenance run, recovery run, or progression run (or any days you feel you need to add these in)
- Walking drills to follow speed sessions, tempo/threshold runs, or time trials (or any days that you feel you need to add these in); Walking drills include on toes, toes out, toes in, on heels, on heels out, on heels in, A walks, and rocking chair walks
- 100 front side core/100 back side core exercises each day
Examples- Front side includes crunches, crunches with feet up, Russian twists, row boats, running arms seated drill, leg lifts, leg scissors, windshield washers, or others you prefer
Back side includes- Supermans, superman variations (L arm, R leg, etc.), back bridge, single leg back bridge, hypers, tables, or others you prefer
- Static stretch as a group/team- Stretches should be held for a minimum of 35 seconds- this will usually be done as a team but may be done in training groups on certain days depending on the variation in workout length based on training plan

ADD ONS

Monday and Wednesday- Hip mobility and hip strength exercises (Hip bands for 3 x 30 seconds each plus all hip strength exercises- clam shells, R leg lifts, L leg lifts, donkey kicks, toe touchdowns, donkey whips, heel press to sky)

Tuesday and Thursday- 2 x hurdle mobility walkovers post run ((R lead over, L lead over, single hurdle over, lateral over, backward, unders)

Friday- Cadence drills of 50-100 M each on the track working on a foot strike and gradual quickening of cadence to approach 180 steps/minute

Things Good Cross Country Runners Do:

1. Prioritize sleep
2. Serious about nutrition- skip the school lunch
3. Hydrate- If you don't have a water bottle at school you look like you don't care
4. Bring recovery food/drink after every session
5. Carefully consider the value of your running log (running2win.com)
6. Run with team mates every day
7. Have a daily goal
8. Use Sundays as a day to improve
9. Don't worry about 1 bad workout/race
10. Read about running, watch runners, follow running at different levels-create a running lifestyle over time

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Running logs should be kept on www.running2win.com

You need an e-mail address to sign up for this free site. Parents are encouraged to join as well to follow the team calendar and announcements. Once registered you must request to join our team- 2017 St. Joe Indians. TeamID is: T-62103175107-29

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