

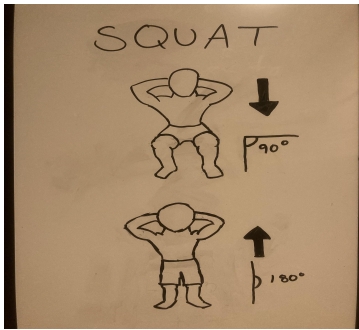
Thy Kingdom Come!

LCHA

Cross Country Preparation Workouts

Exercises

SQUAT



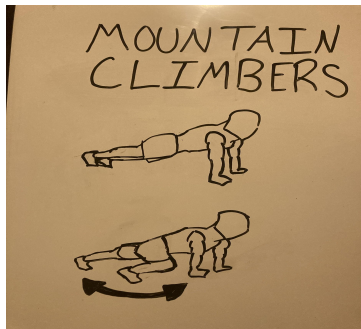
Instructions: Bring your waist perpendicular (or below) your knees then revert back to standing position.

Note: Focus on contracting the quadriceps and the gluteus maximus when in the upright position.

Repetitions- 10

Sets- 3

MOUNTAIN CLIMBERS



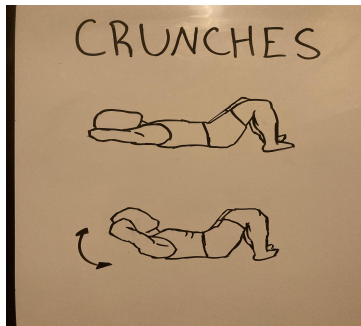
Instructions: Holding yourself in a plank pose brings one knee to the corresponding elbow and back to starting position. Then bring the other knee to the other elbow and back.

Note: Focus on keeping your knees under your chest when driving them forward.

Repetitions- 20

Sets- 3

CRUNCHES



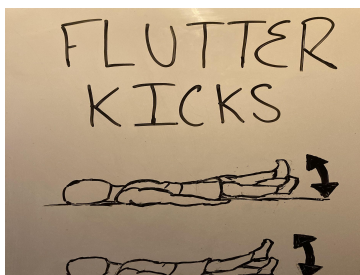
Instructions: Lying on the floor with your hands behind your head proceed to tighten the abdominals as you bring your chest ever so slightly above your core. Then return your head back to the floor.

Note: Focus on allowing your core to do the lifting of your upper torso (not so much your neck and arms).

Repetitions- 10

Sets- 3

FLUTTER KICKS



Instructions: With head and shoulder blades to the floor, lift your feet 4 inches off the ground. Then raise one foot above the other and return it back to four inches above the ground then proceed to elevate the other foot and back (this is equivalent to one rep).

Repetitions- 10 Sets- 3

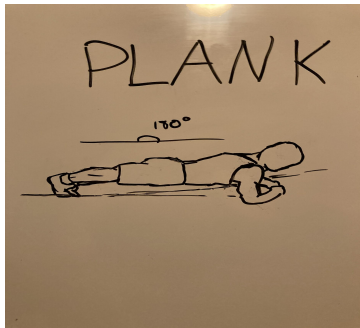
PLANK

Instructions: Rest on your forearms and your toes with a tightened core and shoulders up. Keep your feet together and knees up.

Note: It helps to keep your head up

Time- 30sec

Sets- 3



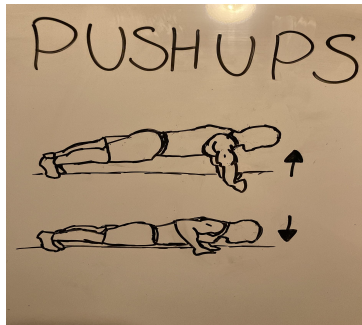
PUSH-UPS

Instructions: Shoulders width apart, hold yourself in a plank pose. Lower your body stabilizing your elbows to stay parallel with your body (this causes the exercise to focus on triceps).

Notes: Keep your core tight

Repetitions- 10

Sets- 3



STIFF LEG SIT-UPS

Instructions: hands behind the head, shoulders and back on the ground with your legs locked and feet close together raise your upper torso with a tightened core until you reach 90 degrees. Then proceed to lower yourself and repeat.

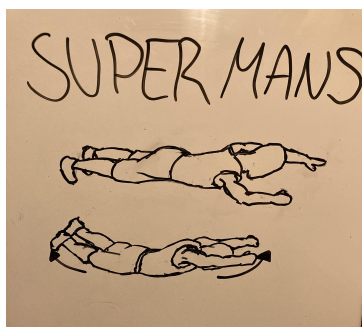
Note: You should feel the muscle in your lower abdominals tighten when you contract and move upward.

Repetitions- 10 Sets- 3



SUPERMANS

Instructions: lying on your stomach with your hands extended past your head and fingers facing inward; raise your head, arms, and legs simultaneously and hold the upright position for 2 seconds before going back down (this equals one rep).



Repetitions- 10

Sets- 3

Dear: Cross Country Runners

For optimal conditioning do each interval of exercises for 3 sets 3 times a week. Keep up with some consistent running and stay on top of a healthy diet. I look forward to training with you.

~Coach JP