

Cross Country Supplemental Training Details

LUNGE MATRIX & LEG SWINGS - WARMUP (LL)

1 Lunge Matrix	5 minutes	See Lunge Matrix
2 Leg Swing Set	5 minutes	See Leg Swing Set

ONE HALF WARMUP - (HALF)

1 Lunge Matrix	5 minutes	See Lunge Matrix
2 Leg Swing Set	5 minutes	See Leg Swing Set
3 10 minute Jog	10 minutes	Easy Pace
4 2 minute Mod/T	2 minutes	Moderate Pace

FULL WARMUP - (FULL)

1 Lunge Matrix	5 minutes	See Lunge Matrix
2 Leg Swing Set	5 minutes	See Leg Swing Set
3 10 minute Jog	10 minutes	Easy Pace
4 2 minute Mod/T	2 minutes	Moderate Pace
5 Dynamic Stretching	10 minutes	See Dynamic Str.

SPEED DAY WARMUP ROUTINE - (SPD)

1 LUNGES & LEG SWINGS	See LUNGE MATRIX & LEG SWINGS
3 Warmup Jog	One mile or 10 minutes
3 SPEED WARMUP	See SPEED WARMUP DRILLS-BESIDE
3 DYNAMIC STRETCH	See DYNAMIC STRETCHING-BESIDE
4 Wicket Running	1-5 x 30m
5 WORKOUT	<i>CHECK DAILY WORKOUT SHEET</i>
6 BOUNDING SET	See BOUNDING SET-BELOW
7 CORE X	See CORE X-BELOW

Do this on Workouts/Races of 400m pace or FASTER

SPEED WARMUP DRILLS - CROSS COUNTRY

1 Low Skips w/ forward arm circles	20 meters
2 Low Skips w/ backward arm circles	20 meters
3 Low Skips w/ Arm Cross swings	20 meters
4 Low Skips w/ 360° turn	20 meters
5 Backward Low Skip	20 meters
6 Build-Up (70%)	100m
7 Shuffles Right	20 meters
8 Shuffles Left	20 meters
9 Shuffles Left with Arm Swings	20 meters
10 Shuffles Right with Arm Swings	20 meters
11 Quick Step Alternating Legs	20 meters
12 Build-Up (80%)	100m
13 Over the Ankle Dribbles	20 meters
14 Over the Calf Dribbles	20 meters
15 Over the Knee Dribbles	20 meters
16 A-Skip	20 meters
17 B-Skip	20 meters
18 Build-Up (90%)	100m

LUNGE MATRIX - CROSS COUNTRY

1 Forward Lunges w/ Twist	5 on Each Leg
2 Side Lunges	5 on Each Leg
3 Back & to the Side Lunges	5 on Each Leg

LEG SWING SET - CROSS COUNTRY

1 Side to Side	10 on Each Leg
2 Front to Back	10 on Each Leg
3 Hurdle Trail Leg Forward	10 on Each Leg
4 Hurdle Trail Leg Backward	10 on Each Leg

DYNAMIC STRETCHING - CROSS COUNTRY

1 High Knees	30 meters
2 Butt Kickers	30 meters
3 High Knee Carioca Drill - Right	30 meters
4 High Knee Carioca Drill - Left	30 meters
5 Toe Touch / Tin Man	20 meters
6 Knee Hugs	20 meters
7 Heel Pulls	20 meters
8 Sumo Stretches	20 meters
9 Heel to Toe Walks	20 meters
10 Backward Reach Walks	20 meters

PLYOMETRIC SET - CROSS COUNTRY

1 Forward Facing Pogo Jump Leg	20 meters (each leg)
2 Right Facing Pogo Jump Leg	20 meters (each leg)
3 Left Facing Pogo Jump Leg	20 meters (each leg)
4 Ankle Snaps (2x's)	20 meters
5 Bounding (2x's)	50 meters

ELASTIC BAND WORK - CROSS COUNTRY

1 Standing Leg Swing Side	2x (10 each leg)
2 Standing Leg Swing Forward	2x (10 each leg)
3 Standing Leg Swing Backward	2x (10 each leg)
4 Side March	2x (10 each leg)
5 Mountain Climbers	2x (10 each leg)
6 Standing A-Position	2x (10 each leg)
7 Sitting Clams	2x 10

Heel/Toe Walks - CROSS COUNTRY

1 Heel Walks (straight, in, out)	50 meters
2 Toe Walks (straight, in, out)	50 meters
3 Heel-to-toe Walks	50 meters
4 Toe Drags	50 meters

POST WORKOUT ROUTINES (Generally)

EVERYDAY MANDATORY ITEMS

- 1 Post Run Snack (10g Protein, 60-90g Carbs, 500mg Sodium)
- 2 Hydration (16oz of water per pound of sweat lost)
- 3 Full Meal (within 3 Hours)
- 4 +8 Hours of Sleep In Bed by 9:30pm! EVERYNIGHT

REC-RUNS

- 1 SAM or TAPP

RECOVERY RUNS

- 1 Heel-Toe Walks 50 Yards - Heel, Toe, Heel-Toe Walks, Toe Drags
- 2 4 x Build Up's
- 3 Stretching Routine

STEADY RUNS

- 1 Heel-Toe Walks 50 Yards - Heel, Toe, Heel-Toe Walks, Toe Drags
- 2 4-6 x Build Up's
- 3 Roll Out Foam Roller

PRE-MEET DAYS

- 1 Heel-Toe Walks 50 Yards - Heel, Toe, Heel-Toe Walks, Toe Drags
- 2 4 x Build Up's
- 3 Stretching Routine
- 4 Roll Out Foam Roller

LONG RUNS

- 1 Heel-Toe Walks 50 Yards - Heel, Toe, Heel-Toe Walks, Toe Drags
- 2 6 x Build Up's
- 3 Leg Elevations Elevate Legs 10mins

QUALITY WORKOUTS

- 1 Cooldown mileage Distance or Time dependent on workout
- 2 Leg Elevations Elevate Legs 10mins
- *Tempo Runs/"the Mills"*
- 3 Stretching Routine
- *Interval or Repeat Workouts*
- 3 Roll Out Foam Roller

OTHER RECOVERY TOOLS

- 1 Ice/Ice Baths icing should only be used sparingly
- 2 Rest/Recovery Keep moving injuries, exception- Fractures
- 3 Compression Works in a similar way Leg Elevation does
- 4 Deep Tissue Massage Great after high impact workouts

Stretching

#	Name	Do AFTER a workout
1	Wall Stretch (Straight Leg)	Hold each for 20-30s
2	Wall Stretch (Bent Leg)	Don't over extend
3	Wall Stretch (Forward Leg)	
4	Quad Pulls	
5	Standing Butterfly	
6	Sitting Butterfly	
7	V-Stretch (right, left, middle)	
8	Seated Glute Stretch	
9	Back Rolls (6)	
10	Glute Stetch #1	
11	Glute Stetch #2	
12	Body Boards	
13	Upward Dog	
14	Kneeled Downward Dog	
15	Cat Stretch	

Breathing Routine

- 1) Deep breath in, 2) Hold for 1s, 3) Exhale slowly, 4) Repeat
- 1 Focus on Breathing 2 minutes
 - 2 Focus on Positive Affirmation 2 minutes
 - 3 Focus on Positive Past Experience 2 minutes
 - 4 Focus on Short or Long Term Goal 2 minutes

Core - High Intensity Interval Session (HIIT)

Core - Routine #1	Week #. - Times/Sets
1 Speed Push-ups	1 20s up - 10s down 2 sets
2 Supermans	2 20s up - 10s down 2 sets
3 Burpees	3 20s up - 10s down 2 sets
4 Speed Crunches	4 30s up - 15s down 2 sets
5 Line Jumps	5 30s up - 15s down 2 sets
	6 30s up - 15s down 3 sets
Core - Routine #2	7 30s up - 15s down 3 sets
1 Star Jumps	8 40s up - 20s down 2 sets
2 Jackknife	9 40s up - 20s down 2 sets
3 Mountain Climbers	10 40s up - 20s down 2 sets
4 Jump, Squat, Touch Down	11 40s up - 15s down 2 sets
5 Speed Bicycle Crunches	12 40s up - 15s down 2 sets
	13 45s up - 20s down 2 sets
Core - Routine #3	14 45s up - 20s down 2 sets
1 Squats	15 45s up - 15s down 3 sets
2 Leg Lifts	16 50s up - 20s down 3 sets
3 Jumping Lunges	17 50s up - 20s down 3 sets
4 Bear Crawls (3 forward, 3 back)	18 50s up - 15s down 3 sets
5 Speed Jumping Jacks	19 60s up - 30s down 3 sets