

El Dorado Cross Country Prep

Monday-Saturday:

1. Warm Up Jog (800m)
 2. Dynamic Warm Up Drills
 3. Run
 4. Stretch (30-45 seconds each position)
 5. Post-Run Core (Monday, Wednesday, Friday)
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Mon (8/31): 3 miles

Tues (9/1): 2 miles

Wed (9/2): 1 Mile Time Trial
with 800m Cool Down

Th (9/3): 3 miles

Fri (9/4): 2 miles

Sat (9/5): 3 miles

Mon (9/7): 3 miles

Tues (9/8): 2 miles

Wed (9/9): 1 Mile Time Trial
with 800m Cool Down

Th (9/10): 2 miles

Fri (9/11): 2 miles

Sat (9/12): 3 miles

Dynamic Warm Up Drills:

- A-Walk
- A-Skip
- Heel Walk
- Toe Walk
- Hip Stretch
- Butt Kickers
- Side Skips
- Leg Swings
 - Forward and Sideways
 - 10 each leg / each direction

Core Exercise #1 (x3):

- 10 push-ups
- 30 crunches
- 10 push-ups
- 10 leg lifts
- 10 squats
- 1 min. plank