

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)

Mon: 2 miles
Tues: 2 miles
Wed: 2 miles
Thurs: 2 miles
Fri: 2 miles
Sat: 3 miles

Mon: 2miles
Tues: 2 miles
Wed: 1 Mile Time Trial with
800m Cool Down
Thurs: 2 miles
Fri: 2 miles
Sat: 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

Stretches:

Standing Stretches

- Down the middle (legs in a “V”)
- Right over left
- Left over right
- Flamingo (Left/Right)

Sitting Stretches

- Butterfly
- Hurdler [One leg out (Left/Right)]
- Calf Stretch