

# XC SUMMER CORE & STRENGTH ROUTINES

\*Plank and Med Ball routines must be monitored for form and must end with any feelings of weakness or pain. Do not power through them.

GENERAL STRENGTH	GENERAL CORE	DUMBBELL STRENGTH	PLANK*	MED BALL*
<p>All exercises 3 sets of 8-10 with weight easy - medium- hard</p> <ol style="list-style-type: none"> <li>1. Upright Row</li> <li>2. Tricep Pushdown</li> <li>3. Hamstring Curls</li> <li>4. Adductor/Abductor</li> <li>5. Side/Front Raises</li> <li>6. Back Extension</li> <li>7. Lat Pull Down</li> </ol> <p><b>BODYWEIGHT</b> (if no access to weight room)            Exercise 1-3 reps = min run            Exercise 4-5 reps = miles run            Exercise 6-8, reps = miles run x 2-3 sets</p> <ol style="list-style-type: none"> <li>1. Heel Raises/Toe Raises (3 directions)</li> <li>2. Push Ups</li> <li>3. Squats or Wall Sit (each minute run = one sec hold)</li> <li>4. Pull Ups</li> <li>5. Dips</li> <li>6. Single Leg Squats</li> <li>7. Runner Touch</li> <li>8. Lunge with twist</li> <li>9. Lunge Matrix</li> </ol>	<p>All exercises for 1 min each</p> <ol style="list-style-type: none"> <li>1. Crunches</li> <li>2. Left Obliques</li> <li>3. Right Obliques</li> <li>4. Bicycle</li> <li>5. Russian Twists</li> <li>6. Plank</li> <li>7. Supermans</li> <li>8. Side Leg Lifts</li> <li>9. Calf Raises</li> <li>10. Shin Raises</li> <li>11. 25-50 push ups</li> </ol>	<p>Exercise 1a-e walk one straight or curve of the indoor track for each, rest and repeat            Exercise 2-5 do 3 sets x 8-10 reps</p> <ol style="list-style-type: none"> <li>1. Indoor Track (R -L)               <ol style="list-style-type: none"> <li>a. Curl to Overhead</li> <li>b. Hold Overhead</li> <li>c. Hold by side</li> <li>d. Hold in front</li> <li>e. Circle around head</li> </ol> </li> <li>2. Runner arms</li> <li>3. Shoulder Shrugs</li> <li>4. Lat Pull Down</li> <li>5. Tricep Extension</li> </ol>	<p>All exercises hold for 30-60 seconds</p> <ol style="list-style-type: none"> <li>1. Forearm plank matrix (lift right leg with static hold for 30 sec, lift right leg with static hold for 30 sec)</li> <li>2. Push Up plank matrix (lift right leg with static hold for 30 sec, lift right leg with static hold for 30 sec)</li> <li>3. Shoulder Taps (in high plank)</li> <li>4. Side Plank bottom leg knee to chest</li> <li>5. Side Plank twist</li> <li>6. Up/Downs (Forearm to High Plank)</li> <li>7. Bird Dog (opposite arm/leg hold)</li> </ol>	<p>All exercises 2-3 sets of 8-10 reps</p> <ol style="list-style-type: none"> <li>1. Med Ball Sitting               <ol style="list-style-type: none"> <li>a. Russian Twist</li> <li>b. Chest Pass</li> <li>c. Overhead Pass</li> </ol> </li> <li>2. Med Ball Standing               <ol style="list-style-type: none"> <li>a. Half Twist</li> <li>b. Full Twist</li> <li>c. Over/Under</li> </ol> </li> </ol>