

VIRTUAL PRACTICE PLAN

CROSS COUNTRY

Key Points to Remember!

Drink Plenty of Water! Eat Well! Keep Moving!

DAY OF THE WEEK: MONDAY, APRIL 27

FOCUS: HILL REPEATS

- Do a Half Mile Warmup. Try to jog the whole thing.
- Find a good hill with a nice incline.
- 5 Hill Repeats, sprinting up the hill, jogging down.
- 1 mile Cool Down. Try to jog the whole thing.

DAY OF THE WEEK: TUESDAY, APRIL 28

FOCUS: CORE

- Do a 30 second plank.
- Do 15 In and Outs. (In a V-like sitting position, extend your legs out and back in towards your chest. Keep your hands beside your hips or try putting them in the air in a 'touch down' or wide arm position.)
- Do 10 Plank Jacks. (Begin in **plank** position, with your shoulders over your wrists, your body in one straight line, and your feet together. Like the motion of a jumping **jack**, jump your legs wide and then back together.)



- Do 5 Burpees. (Begin in a standing position. Move into a **squat** position with your hands on the ground. Kick your feet back into a plank position, while keeping your arms extended. Immediately return your feet into **squat** position.)

DAY OF THE WEEK: WEDNESDAY, APRIL 29

FOCUS: SPEED WORK

- Do a Half Mile Warm Up. Try to jog the whole thing.
- Do Twenty (20) 20 second sprints/ 40 second recovery (jog, not walk).
- Do a Half Mile Cool Down. Try to jog the whole thing.

DAY OF THE WEEK: THURSDAY, APRIL 30

FOCUS: WALK/RECOVERY

- Do a 30 minute walk, moderate speed.

DAY OF THE WEEK: FRIDAY, MAY 1

FOCUS: CORE

- Do a 30 second plank.
- Do 15 In and Outs. (In a V-like sitting position, extend your legs out and back in towards your chest. Keep your hands beside your hips or try putting them in the air in a 'touch down' or wide arm position.)
- Do 10 Plank Jacks. (Begin in **plank** position, with your shoulders over your wrists, your body in one straight line, and your feet together. Like the motion of a jumping **jack**, jump your legs wide and then back together.)



- Do 5 Burpees. (Begin in a standing position. Move into a **squat** position with your hands on the ground. Kick your feet back into a plank position, while keeping your arms extended. Immediately return your feet into **squat** position.)



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: SATURDAY, MAY 2

FOCUS: TEMPO RUN

- Do a 30 Minute Tempo Run
- Use your watch to keep time.

DAY OF THE WEEK: SUNDAY, MAY 3

FOCUS: YOGA

Join us for some yoga to stretch out the body and build your core!

<https://www.youtube.com/watch?v=wsfJnS79G08>

DAY OF THE WEEK: MONDAY, MAY 4


FOCUS: HILL REPEATS

- Do a Half Mile Warmup. Try to jog the whole thing.
- Find a good hill with a nice incline.
- 6 Hill Repeats, sprinting up the hill, jogging down.
- 1 mile Cool Down. Try to jog the whole thing.


DAY OF THE WEEK: TUESDAY, MAY 5

FOCUS: CORE

- Do a 45 second plank.
- Do 20 In and Outs. (In a V-like sitting position, extend your legs out and back in towards your chest. Keep your hands beside your hips or try putting them in the air in a 'touch down' or wide arm position.)
- Do 15 Plank Jacks. (Begin in **plank** position, with your shoulders over your wrists, your body in one straight line, and your feet together. Like the motion of a jumping **jack**, jump your legs wide and then back together.)



How to do Burpees



- Do 10 Burpees. (Begin in a standing position. Move into a **squat** position with your hands on the ground. Kick your feet back into a plank position, while keeping your arms extended. Immediately return your feet into **squat** position.)

DAY OF THE WEEK: WEDNESDAY, MAY 6

FOCUS: SPEED WORK

- Do a Half Mile Warm Up. Try to jog the whole thing.
- Do Twenty (20) 20 second sprints/ 40 second recovery (jog, not walk).
- Do a Half Mile Cool Down. Try to jog the whole thing.

DAY OF THE WEEK: THURSDAY, MAY 7

FOCUS: WALK/RECOVERY

- Do a 30 minute walk, moderate speed.

DAY OF THE WEEK: FRIDAY, MAY 8

FOCUS: CORE

- Do 20 Bicycle Crunches (Lie face up and place your hands behind your head, supporting your neck with your fingers. Have your abs tucked in and the small of your back pushed hard against the floor. Lift your knees in toward your chest while lifting your shoulder blades off the floor.)

Bicycle Crunch



Pushup



- Do 20 Pushups
- Do 20 Shoulder Tap Planks (Start in a **plank** position, with your wrists under your **shoulders** and your feet hip width apart. **Touch** your left **shoulder** with your right hand and return to **plank** position. **Touch** your right **shoulder** with your left hand and continue alternating sides until the set is complete.)

Shoulder Tap Plank



V Sit Crunches



- Do 20 V Sit Crunches

DAY OF THE WEEK: SATURDAY, MAY 9

FOCUS: TEMPO RUN

- Start with a 12 Minutes Steady Pace
- Increase pace for 10 Minutes Faster Pace
- Go back to original pace 12 Minutes Steady Pace



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DAY OF THE WEEK: SUNDAY, MAY 10

FOCUS: YOGA

Join us for some yoga to stretch out the body and build your core!

<https://www.youtube.com/watch?v=9XBnftTBmAk>