



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VIRTUAL PRACTICE PLAN

## CROSS COUNTRY

### Key Points to Remember!

Drink Plenty of Water!   Eat Well!   Keep Moving!

DAY OF THE WEEK: MONDAY, APRIL 13

### FOCUS: STRENGTH & FLEXIBILITY

- Warm Up – easy jog, arm swings – 2/3 minutes
- 4 exercises per round, repeat each round 3x. Stretch when finished!

#### Legs

- Step Out Lunges, alternating legs – 15x per side <https://www.youtube.com/watch?v=tTei-ax9XiA>
- Rest 30 seconds
- Side Lunges, alternating legs – 15x per side <https://www.youtube.com/watch?v=6ftkR-Zcl0A>
- Rest 30 seconds
- Bodyweight squats – 15x <https://www.youtube.com/watch?v=xKhd9MXTUzY>
- Rest 30 seconds
- Calf Raises – 15x <https://www.youtube.com/watch?v=UV8qOrHmuKc>
- Rest 1 minute

#### Upper Body/Back

- Push Ups (full or with a knee down) – 15x [https://www.youtube.com/watch?v=Eh00\\_rniF8E](https://www.youtube.com/watch?v=Eh00_rniF8E)
- Rest 30 seconds
- Hinged over rows (with or without weight – milk/juice/waterjugs will work!) – 15x <https://www.youtube.com/watch?v=QFg5jdwWwX4>
- Rest 30 seconds
- Chest Press – 15x (milk/juice/water jugs will work!) <https://www.youtube.com/watch?v=r15yTvxBCxk>
- Rest 30 seconds
- Back Extensions – 15x <https://www.youtube.com/watch?v=Vu00414sU0c>
- Rest 1 minute



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### **Core**

- Crunches 15x <https://www.youtube.com/watch?v=4hmQA3snTyk>
- Rest 30 seconds
- Hip Bridges 15x <https://www.youtube.com/watch?v=Xp33YgPZqns>
- Rest 30 seconds
- Quadruped – 15x each side <https://www.youtube.com/watch?v=sTbzKm792tl>
- Rest 30 seconds
- Bicycles – 15x (count 1/1, left right, opposite knee to elbow)  
<https://www.youtube.com/watch?v=9FGilxCbdz8>

### **DAY OF THE WEEK: TUESDAY, APRIL 14**

#### **FOCUS: RUNNING HILLS**

Find a mile-length course (roughly) that is gradually uphill, preferably on a softer surface off the asphalt. Run the uphill portion at race effort to build strength. Once at the top, take a three- to five-minute recovery jog before heading back downhill, focusing on being fast and efficient. Do three to six repeats, depending on your weekly mileage. The idea is not to run the downhill as fast as possible—instead it is to run fast, but controlled.

Over the course of a few weeks of doing these, the times on the uphill sections improve steadily, as expected, but most people see a dramatic improvement on the downhill sections. Early in the season, the difference in times between the uphill and downhill sections will usually be between 20 and 30 seconds. By the end of the season, the difference is more like 30 to 40 seconds, indicating greatly increased proficiency in running downhill.

### **DAY OF THE WEEK: WEDNESDAY, APRIL 15**

#### **FOCUS: FUN & CONDITIONING**

**JOIN US FOR YMCA GYM CLASS TIME!**

<https://www.youtube.com/watch?v=ORRzXu1hqtE>



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DAY OF THE WEEK: THURSDAY, APRIL 16

**FOCUS: RUNNING STAMINA**

45 Minute Total work out

Over the two weeks you should be able to run for longer periods.

If the first option you choose is too easy, move up and vice versa.

- Warm Up – walk, to easy jog, arm swings, 2 minutes.

Choose from:

- Run 30 seconds/Walk One Minute
- Run One Minute/Walk One Minute
- Run One Minute/Walk 30 Seconds
- Run Two Minutes/Walk One Minute
- Run Two Minutes/Walk 30 Seconds

Cool down – walk for two minutes and stretch when finished!

DAY OF THE WEEK: FRIDAY, APRIL 17

**FOCUS: STRENGTH & FLEXIBILITY**

- Warm Up – easy jog, arm swings – 2/3 minutes
- 4 exercises per round, repeat each round 3x. Stretch when finished!

Legs

- Step Out Lunges, alternating legs – 15x per side <https://www.youtube.com/watch?v=tTei-ax9XiA>
- Rest 30 seconds
- Side Lunges, alternating legs – 15x per side <https://www.youtube.com/watch?v=6ftkR-Zcl0A>
- Rest 30 seconds
- Bodyweight squats – 15x <https://www.youtube.com/watch?v=xKhd9MXTUzY>
- Rest 30 seconds
- Calf Raises – 15x <https://www.youtube.com/watch?v=UV8qOrHmuKc>
- Rest 1 minute



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### Upper Body/Back

- Push Ups (full or with a knee down) – 15x  
[https://www.youtube.com/watch?v=Eh00\\_rniF8E](https://www.youtube.com/watch?v=Eh00_rniF8E)
- Rest 30 seconds
- Hinged over rows (with or without weight – milk/juice/waterjugs will work!) – 15x  
<https://www.youtube.com/watch?v=QFq5jdwWwX4>
- Rest 30 seconds
- Chest Press – 15x (milk/juice/water jugs will work!)  
<https://www.youtube.com/watch?v=r15yTvxBCxk>
- Rest 30 seconds
- Back Extensions – 15x <https://www.youtube.com/watch?v=Vu00414sU0c>
- Rest 1 minute

### Core

- Crunches 15x <https://www.youtube.com/watch?v=4hm0A3snTyk>
- Rest 30 seconds
- Hip Bridges 15x <https://www.youtube.com/watch?v=Xp33YqPZqns>
- Rest 30 seconds
- Quadruped – 15x each side <https://www.youtube.com/watch?v=sTbzKm792tl>
- Rest 30 seconds
- Bicycles – 15x (count 1/1, left right, opposite knee to elbow)  
<https://www.youtube.com/watch?v=9FGilxCbdz8>

**DAY OF THE WEEK: SATURDAY, APRIL 18**

### **RECOVERY**

Take the day off to allow your muscles to recover. If you want to do something minimal, try out our yoga video:

<https://www.youtube.com/watch?v=X655B4ISakq&list=PLpSsAkujoUQ6pY6ICYdEakH7ju6Xtip-O>



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**DAY OF THE WEEK: SUNDAY, APRIL 19**

**FOCUS: CARDIO DRILLS**

Each set is 30 seconds. Increase to 45 for a challenge! Rest for 30 seconds between each set. Repeat the round 3x with a 1 minute rest between each round. Cool down and stretch when finished.

1. Warm Up – walk, to easy jog, arm swings, 2 minutes.
2. Jumping Jacks
3. Wind Sprints between two points approx. 15-20 yards apart.
4. Basketball (side) shuffle between two points approx. 10 yards apart  
<https://www.youtube.com/watch?v=mqJKtPu33AU>
5. Fast Feet <https://www.youtube.com/watch?v=dMoGaGjD0YU>
6. Sprint out, back pedal between two points 15 – 20 yards apart.
7. Carioca <https://www.youtube.com/watch?v=CMeuCmzKf84>
8. Three minute easy jog

**DAY OF THE WEEK: MONDAY, APRIL 20**

**FOCUS: RUNNING HILLS**

**30-45 minute workout**

This involves doing tempo runs that start with a gradual uphill for 800 meters, then turning around and running 800 meters downhill, and repeating the sequence for the length of your normal tempo run. Maintain a tempo effort—strong and steady, but controlled—throughout. As it gets easier, increase the intensity by running the uphill at cross country race effort while keeping the downhill at tempo effort.

**DAY OF THE WEEK: TUESDAY, APRIL 21**

**FUN & CONDITIONING**

**IT'S LES MILLS TIME!**

**Join us for some high energy workouts!**

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-17-13-16-live-another-day>



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**DAY OF THE WEEK: WEDNESDAY, APRIL 22**

**FOCUS: INTERVAL TRAINING**

**30 minute Interval Training**

Interval training involves alternating between periods (known as intervals) of high-intensity exercise with low-intensity exercise. Switch between sprinting and walking in 2 to 3 minute intervals. Your run can last anywhere from thirty minutes to an hour, depending on the distance you choose. During the high-intensity interval, give the workout as much energy as you can to increase your strength.

**DAY OF THE WEEK: THURSDAY, APRIL 23**

**FOCUS: STRENGTH & FLEXIBILITY**

- Warm Up – easy jog, arm swings – 2/3 minutes
- 4 exercises per round, repeat each round 3x. Stretch when finished!

**Legs**

- Step Out Lunges, alternating legs – 15x per side <https://www.youtube.com/watch?v=tTej-ax9XiA>
- Rest 30 seconds
- Side Lunges, alternating legs – 15x per side <https://www.youtube.com/watch?v=6ftkR-Zcl0A>
- Rest 30 seconds
- Bodyweight squats – 15x <https://www.youtube.com/watch?v=xKhd9MXTUzY>
- Rest 30 seconds
- Calf Raises – 15x <https://www.youtube.com/watch?v=UV8qOrHmuKc>
- Rest 1 minute

**Upper Body/Back**

- Push Ups (full or with a knee down) – 15x [https://www.youtube.com/watch?v=Eh00\\_rniF8E](https://www.youtube.com/watch?v=Eh00_rniF8E)
- Rest 30 seconds
- Hinged over rows (with or without weight – milk/juice/waterjugs will work!) – 15x <https://www.youtube.com/watch?v=QFq5jdwWwX4>
- Rest 30 seconds



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- Chest Press – 15x (milk/juice/water jugs will work!)  
<https://www.youtube.com/watch?v=r15yTvxBCxk>
- Rest 30 seconds
- Back Extensions – 15x <https://www.youtube.com/watch?v=Vu00414sU0c>
- Rest 1 minute

### **Core**

- Crunches 15x <https://www.youtube.com/watch?v=4hmQA3snTyk>
- Rest 30 seconds
- Hip Bridges 15x <https://www.youtube.com/watch?v=Xp33YqPZqns>
- Rest 30 seconds
- Quadruped – 15x each side <https://www.youtube.com/watch?v=sTbzKm792tl>
- Rest 30 seconds
- Bicycles – 15x (count 1/1, left right, opposite knee to elbow)  
<https://www.youtube.com/watch?v=9FGilxCbdz8>

## **DAY OF THE WEEK: FRIDAY, APRIL 24**

### **FOCUS: TEMPO RUNS**

**Do twenty-minute tempo runs.** Run at a speed 15 to 30 seconds slower than your race pace to practice controlling your speed. On a scale from one to ten, tempo runs should put your exertion level at around an eight. Tempo runs increase metabolic fitness. Do 2-3 of these runs, depending on your level of skill.

## **DAY OF THE WEEK: SATURDAY, APRIL 25**

### **FUN & CONDITIONING**

**IT'S LES MILLS TIME!**

**Join us for some high energy workouts!**

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-16-8-12-this-is-me>



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**DAY OF THE WEEK: SUNDAY, APRIL 26**

## **RECOVERY**

Take the day off to allow your muscles to recover.

If you want to do something minimal, try out this stretching video:

<https://www.youtube.com/watch?v=FCQvf3HG168>