



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, MAY 11

FOCUS: HILL REPEATS

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

DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: CORE

- Do a One Minute plank.
- Do 20 V Sit Crunches
- Do 20 Plank Jacks
- Do 15 Bicycle Crunches

Bicycle Crunch



Plank Jacks



V Sit Crunches



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DAY OF THE WEEK: WEDNESDAY, MAY 13

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 14

FOCUS: WALK/RECOVERY

- Do a 30 minute walk, moderate speed.

DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: CORE

- Do a 75 second plank.
- Do 25 V Sit Crunches
- Do 15 Pushups
- Do 20 Bicycle Crunches

Bicycle Crunch



Pushup



V Sit Crunches



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DAY OF THE WEEK: SATURDAY, MAY 16

FOCUS: TEMPO RUN

- Do a 45 Minute Tempo Run- steady pace
- Use your watch to keep time.

DAY OF THE WEEK: SUNDAY, MAY 17

FOCUS: YOGA

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

<https://www.youtube.com/watch?v=6Ekep9GqvaM>

DAY OF THE WEEK: MONDAY, MAY 18

FOCUS: HILL REPEATS

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

DAY OF THE WEEK: TUESDAY, MAY 19

FOCUS: CORE

- Do a 90 second plank.
- Do 30 V Sit Crunches
- Do 20 Pushups
- Do 25 Bicycle Crunches

Bicycle Crunch



Pushup



V Sit Crunches



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DAY OF THE WEEK: WEDNESDAY, MAY 20

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 21

FOCUS: WALK/RECOVERY

- Do a 30 minute walk, moderate speed.

DAY OF THE WEEK: FRIDAY, MAY 22

FOCUS: CORE

- Do a 90 second plank.
- Do 35 V Sit Crunches
- Do 20 Pushups
- Do 25 Bicycle Crunches

Bicycle Crunch



Pushup



V Sit Crunches



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DAY OF THE WEEK: SATURDAY, MAY 23

FOCUS: TEMPO RUN

- Do a 45 Minute Tempo Run- steady pace
- Use your watch to keep time.

DAY OF THE WEEK: SUNDAY, MAY 24

FOCUS: YOGA

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

<https://www.youtube.com/watch?v=6kJqTouHHeE>