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
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

[Images of Bicycle Crunch, Pushup, V Sit Crunches]
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](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

*Images of Bicycle Crunch, Pushup, and V Sit Crunches.*
### 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](image1)

![Pushup](image2)

![V Sit Crunches](image3)
### DAY OF THE WEEK: SATURDAY, MAY 23

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