



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 25

FOCUS: HILL REPEATS

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

DAY OF THE WEEK: TUESDAY, MAY 26

FOCUS: CORE

- Do a 90 second plank.
- Do 40 V Sit Crunches
- Do 25 Pushups
- Do 30 Bicycle Crunches

Bicycle Crunch



Pushups



V Sit Crunches



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DAY OF THE WEEK: WEDNESDAY, MAY 27

FOCUS: SPEED WORK

- Do a Half Mile Warm Up. Try to jog the whole thing.
- Do Twenty (25) 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 28

FOCUS: WALK/RECOVERY

- Do a 30 minute walk, moderate speed.

DAY OF THE WEEK: FRIDAY, MAY 29

FOCUS: CORE

- Do a 110 second plank.
- Do 45 V Sit Crunches
- Do 30 Pushups
- Do 35 Bicycle Crunches

Bicycle Crunch



Pushup



V Sit Crunches



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DAY OF THE WEEK: SATURDAY, MAY 30

FOCUS: TEMPO RUN

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

DAY OF THE WEEK: SUNDAY, MAY 31

FOCUS: YOGA

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

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

DAY OF THE WEEK: MONDAY, JUNE 1

FOCUS: HILL REPEATS

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

DAY OF THE WEEK: TUESDAY, JUNE 2

FOCUS: CORE

- Do a 125 second plank.
- Do 50 V Sit Crunches
- Do 35 Pushups
- Do 40 Bicycle Crunches

Bicycle Crunch



Pushup



V Sit Crunches



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DAY OF THE WEEK: WEDNESDAY, JUNE 3

FOCUS: SPEED WORK

- Do a Half Mile Warm Up. Try to jog the whole thing.
- Do Twenty Eight (28) 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, JUNE 4

FOCUS: WALK/RECOVERY

- Do a 30 minute walk, moderate speed.

DAY OF THE WEEK: FRIDAY, JUNE 5

FOCUS: CORE

- Do a 140 second plank.
- Do 55 V Sit Crunches
- Do 40 Pushups
- Do 45 Bicycle Crunches

Bicycle Crunch



Pushup



V Sit Crunches



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DAY OF THE WEEK: SATURDAY, JUNE 6

FOCUS: TEMPO RUN

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

DAY OF THE WEEK: SUNDAY, JUNE 7

FOCUS: YOGA

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

<https://www.youtube.com/watch?v=kPG3Cfy28K0>