# 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

<table>
<thead>
<tr>
<th>Bicycle Crunch</th>
<th>Pushups</th>
<th>V Sit Crunches</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Diagram" /></td>
<td><img src="image2" alt="Diagram" /></td>
<td><img src="image3" alt="Diagram" /></td>
</tr>
</tbody>
</table>
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_
**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**

![Bicycle Crunch](image1.png) ![Pushup](image2.png) ![V Sit Crunches](image3.png)
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
### 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](https://www.youtube.com/watch?v=kPG3CfY28K0)