**Cross-country/Distance runner workouts**

**In-season**

Warm-up – Choose 2 exercises (2 minutes total)

Warm-up with your P.E. class

Lower body

Choose 3-4 exercises from the upper body or lower body menu and alternate days

Work ankle, hips and arms 3 days a week

Do core stabilization 5 times a week

Stretch and foam roll after workouts.

See the information on the bulletin board about nutrition and recovery for athletes.

Front squat jerk 2 x 8-10

RDL 3 x 8-10 (double or single leg)

Lunges 2 x 10 each leg

Hamstring curls 3 x 10

Hang Cleans/Power Cleans 2 x 6-8

Squat with med ball throw 2 x 6-8

Single-leg squat or Bulgarian split squat 2 x 8 each leg

Nordic hamstring curl 2 x 8-10

Upper body

Bench Press – barbell or dumbbells 3 x 8-10

Upright row 2 x 8-10

Pushups (any variation) 3 x 10-15

Lat pulls 3 x 8-10

Overhead (military) press 3 x 8-10

Shrugs 3 x 10

Ankle

Toe/heel walks – length of room

Ankle inversion/eversion with elastic band 2 x 15 each way

Hip

Lateral band walks x 10-15 each way

Clamshells 2 x 10-15 each side

Figure 4 get-up 2 x 8 each side

Fire hydrants 2 x 15 each side

Bridges 2 x 15-20

Bird dogs 2 x 10-15 each leg

Arms

Bicep curls (any variety) 2 x 8-10

Dips 2 x 8-10

Triceps pull-downs 2 x 8-10

Overhead Triceps extensions 2 x 8-10

Triceps kick-backs 2 x 8-10

Core stabilization/Abs

Pick from the exercises on the bulletin board – do 5 x week