**Cross-country/Distance runner workouts**

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

run, jump rope, dot drills, ladder drills (if you haven’t already run your workout)

PVC pipe shoulder range-of-motion

Day 1

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)

Plyometric depth jumps 2 x 6-8

Lateral band walks x 10-15 each way

Toe/heel walks – length of room

Bench Press – barbell or dumbbells 3 x 8-10

Upright row 2 x 8-10

Bicep hammer curls 2 x 8-10

Dips 2 x 8-10

Front Plank 2 x 30 seconds

Side plank 2 x 30 seconds each side

Twist crunch 2 x 30 each side

Day 2

Deadlift 3 x 8

Lunges 2 x 10 each leg

Hamstring curls 3 x 10

Clamshells 2 x 10-15 each side

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

Pushups (any variation) 3 x 10-15

Lat pulls 3 x 8-10

Overhead (military) press 3 x 8-10 or Shrugs 3 x 10

Elastic band trunk rotation 2 x 20 each side

Partner sit-ups with ball toss 2 x 20

Supine leg tucks/leg lifts with elastic band pull 2 x 15

Figure 4 get-up 2 x 8 each side

Day 3

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

Plyometric box jumps 2 x 6-8

Single leg hop 2 x 6-8 each leg

Fire hydrants 2 x 15 each side

Bridges 2 x 15-20

Side bridges 2 x 15-20

Bird dogs 2 x 10-15 each leg