

## LAGO VISTA XC PRE-SEASON TRAINING Summer 2016

Week of:	Monday (Weight Day)	Tuesday	Wednesday (Weight Day)	Thursday	Friday	Saturday	Sunday
June 6 <sup>th</sup>	<p>Workout Time: 8:00AM @ LVHS</p> <p>Warm-Up: Lap 1=jog Lap 2=<b>Do the following exercises every 50 yards</b></p> <ul style="list-style-type: none"> <li>-High Knees</li> <li>-Butt Kicks</li> <li>-A Skips</li> <li>-B Skips</li> <li>-Cowboys</li> <li>-Backward Run</li> <li>-Arm Swings (sideways skips swinging arms)</li> <li>-Flip Arm Swings</li> </ul> <p>Lap 3=jog</p> <p>Workout: Timed mile</p> <p>30 minute run</p> <p>Cool Down: 1 mile on Field no shoes Team Stretch</p> <p>5 minute endless abs</p>	<p>Workout Time: 8:00AM @ LVHS</p> <p>Warm-Up: 2 laps Dynamic Stretching in parking lot</p> <p>Workout: Hills x 10</p> <p>Cool Down: Lap around LVHS</p> <p>Team Stretch</p> <p>Weight Circuit</p>	<p>Workout Time: 8:00AM @ LVHS</p> <p>Warm-Up: Same as Monday</p> <p>Workout: 40 minute tempo run</p> <p>Cool Down: 1 mile going to the right</p> <p>Core workout</p>	<p>Workout time: 8:00AM @ LVHS</p> <p>Warm-Up: Same as Monday</p> <p>Workout: Hills x 10</p> <p>Cool Down: Lap around LVHS</p> <p>Weight Circuit</p>	<p>Workout Time:</p> <p>On your own 30-40 minute run</p>	<p>Workout Time:</p> <p>On your own 30-40 minute run</p>	Rest Day

**\*\*ALWAYS** complete a warm-up, stretch, dynamic drills before doing the workout. Being properly warmed up is essential to your success.

**\*\*YOU** get out of what you by what you put into it. Therefore, if you cut corners it will show in your performance day after day and season after season.

## Weight Circuits and Core Workout

<u>Weight Circuit</u>	<u>Reps</u>	<u>Core and Cardio</u>	<u>Reps</u>
Push-Ups with weights	3 x 12	Planks	4 X 30s
Dips Using Bench	3 x 12	Viking Twists (Russian Twists)	4 X 15
Bench (spotter ALWAYS)	3 x 12	Knee Crunches	4 X 15
Squats (spotters ALWAYS)	3 x 12	Sit up Leg Lifts	4 X 15
Lat Pulls	3 x 12	Roll Outs	4 X 12
Bi-cep Curls	3 x 12	Weighted Sit Ups	4 X 15
Mountain Climbers	3 x 12		
Pull-Ups	3 x 12		
Burpies (Up/Downs)	3 x 12		
Step Ups (on the curb)	3 x 12		