

LAGO VISTA XC PRE-SEASON TRAINING Summer 2016

Week of:	Monday (Weight Day)	Tuesday	Wednesday (Weight Day)	Thursday	Friday	Saturday	Sunday
June 20 th	<p>Workout Time: 8:00AM @ LVHS</p> <p>Warm-Up: Lap 1=jog Lap 2=Do the following exercises every 50 yards</p> <ul style="list-style-type: none"> -High Knees -Butt Kicks -A Skips -B Skips -Cowboys -Backward Run -Arm Swings (sideways skips swinging arms) -Flip Arm Swings <p>Lap 3=jog</p> <p>Workout:</p> <p>Timed Mile</p> <p>4 x 1 mile relay</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: Hill Sprints Agility/Form Running Drills</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: 4 x 300 4 x200 with jog in between</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: 3 mile Fartlek</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		