

## LAGO VISTA XC PRE-SEASON TRAINING Summer 2016

Week of:	Monday (Weight Day)	Tuesday	Wednesday (Weight Day)	Thursday	Friday	Saturday	Sunday
June 27 <sup>th</sup>	Workout Time: 8:00AM @ LVHS  Workout:  2 mile Easy Drills Strides (4) Core	Workout Time: 8:00AM @ LVHS  Workout:  1 mile warm-up Drills 5 x 60 second hills jog down recovery  1 mile cool down  Hip + Hurdle Mobility	Workout Time: 8:00AM @ LVHS  Workout:  3 mile easy Walking Drills Barefoot Walks	Workout time: 8:00AM @ LVHS  Workout:  1 mile warm-up Drills 3 x 300 (20/40/60 21min recovery  1 mile cool down  Hip + Hurdle Mobility	Workout Time:   On your own 30-40 minute run	Workout Time:   On your own 30-40 minute run	Rest Day

## Weight Circuits and Core Workout

<b>Front Squat</b>
1x5
1x5
<b>Bench Press</b>
1x5
1x5
<b>DB Row</b>
3x10
<b>Weighted Calf Raises</b>
2x8
<b>DB Shoulder Super Set (Lateral Raises, Flys, Front Raises, Military Press)</b>
2x6
<b>DB Running Arms</b>
2x30sec
<b>300-400 core repetitions</b>

<b>Hang Cleans</b>
1x5
1x5
<b>DB Walking Lunge</b>
2x15+15
<b>Pullups</b>
2xMRP

<b>Hamstring Curls</b>
2x15+15
<b>DB Shoulder Super Set (Lateral Raises, Flys, Front Raises, Military Press)</b>
2x6
<b>DB Running Arms</b>
2x30sec
<b>300- 400 core repetitions</b>