

## Bellevue Cross Country

### *Day 5*

**Warm up stretches - light static at the start (you design the sequence but work big to small muscles). Google search stretches for more information on how to perform each correctly.**

- Glute stretch
- Hurdle stretch, each side
- Calf stretch
- Cherry pickers
- Leg crossovers
- 20 abdominal crunches.
- 20 jumping jacks.
- 10 push ups
- 20 mountain climbers

#### **Running:**

- 40 meters of walking lunges.
- 40 meters of ankling
- 40 meters of straight-leg bounding.
- 40 meters of bent-leg (regular) bounding.
- 40 skipping for height
- 4-40 meters all out sprint
- Walk new 1 mile course (all).
- Easy run new 1 mile course – Group 2 runners
- Easy run new 2 mile course – Group 1 runners

#### **DEFINITIONS:**

##### **Easy Run:**

- For NEW runners, keep continuous motion which may include walking.
- For experienced runners with base Heart Rate under 120 - fast enough to feel an effort, slow enough to have a conversation.

**\*\* BRING WATER BOTTLE AND TOWEL \*\***