

## Bellevue Cross Country

### *Day 4*

**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
- 4 – Hill Repeats
- 1/4 mile “**Easy**” run (Beginner group)
- “**Race Simulation**” run ½ mile (Beginner group)
- 1/2 mile “**Easy**” run
- “**Race Simulation**” 1 mile
- Cool down

#### **DEFINITIONS:**

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

- For NEW runners - keeping 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.

##### **Race Simulation:**

- Run at race pace, distance of race in April (less for new kids )
- New kids – learn a pace; kids will need more help.
- Experienced – will be given an idea/marker as to where they are at.

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