

## Bellevue Cross Country

### *Day 1*

**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
- Cherry pickers
- Leg crossovers
- Shoulder/arm rolls
- 20 bent-knee sit-ups.
- 20 abdominal crunches.
- 20 jumping jacks.
- 20 mountain climbers

### **Running**

- 30 meters of walking lunges.
- 30 meters of ankling
- 40 meters of straight-leg bounding.
- 40 meters of bent-leg (regular) bounding.
- 40 meters of power skipping.
- 40 meters side-slide on both sides
- 40 meters of backward thrust running
- 40 meters all out sprint
- 1 mile **"Easy Run"**
- ½ mile **"Wild Cat"** run

### **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.

#### **Wildcat Run:**

- Run at an easy run, pace 5-7 kids in a group in a line... back one passes and goes to the front.
- Important for learning how to pass effectively and learning how to shift gears.
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**\*\* BRING WATER BOTTLE AND TOWEL \*\***