

Bellevue Cross Country

Day 2

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:

- 40 meters of walking lunges.
- 40 meters of ankling
- 40 meters of straight-leg bounding.
- 40 meters of bent-leg (regular) bounding.
- 40 meters of power skipping.
- 40 skipping for height
- 40 meters of backward thrust running
- 2-40 meters all out sprint
- 1 mile moderate **“Tempo Run”**
- 1 mile **“Fartlek”** run
- Hill repeats (strengthening)

DEFINITIONS:

Tempo Run:

- Heart Rate at approximately 140-150; should not be at a pace that feels similar to racing.
- You should not be able to keep continuous conversation, but still be able to talk.
- It's important to do the same pace, as well as warm up and down in the body and in the run.

Fartlek:

- Means speed play – running at various speeds throughout a continuous run done at different levels.
- 15 sec very hard, 30 sec race pace, 1 minute at Tempo.

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