

TFHS CROSS COUNTRY SUMMER OBJECTIVE

*Check <https://tf.tfsd.org/cross-country/> throughout the summer for information

- Don't over train, too many miles can be a bad thing. Listen to your body.
- Stay hydrated, stay on top of preventative methods to avoid injuries.
- Incorporate a variety of cross training methods:
 - Lifting- focus on light weights more reps targets muscular endurance, core, etc.
 - Swimming (laps)/aqua jogging
 - Biking
- Try implementing a variety of runs from tempo, strides, intervals, mile repeats, hills, fartleks, etc.

*Use calendar to write down any cross training you do and time spent doing it or distance (i.e. weight training 40 min, bike 5 miles, etc.)

*At any time during summer feel free to email me at burkto@tfsd.org if you have any questions

Cross Country Summer Training

***All state competitors it is VERY important that you take some time off before beginning summer workouts/training. Your body/mind need a break take a few weeks off you deserve it! Also remember don't over train!**

Core exercises-Try to do some every day! 5-15 minutes

- Cherry pickers/Russian twists
- V-ups
- Planks (high/low, with toe taps, arm and leg raises)
- Side planks
- Butterfly sit-ups
- Crunches
- Swimmer/flutter kicks
- Reverse crunch
- Superman with arm and leg raises
- Bicycle crunch
- Leg climbs
- Heel touches
- Hip rotation

Lower/upper body-use body weight or light weight now is the time to strength train

- Single leg dead lift with or without body weight
- Pushups
- Squats- air/jump/single leg/piston/sumo
- Pull ups- partner assisted/regular/reverse grip/burpees/kipping
- Calf raises
- Lunges- forward/side/reverse/split jumps
- Step ups
- Leg extension
- Leg curls
- Good mornings
- Burpees
- High knees
- Skipping- A skip/B skip/ C skip
- Butt kickers
- Karaoke/grapevine

Implement mini circuits short amount of time such as tabata (20 seconds on of work 10 seconds off/rest), AMRAP/RFT

Here is a sample of Cruz Circuit (he was runner who competed for Oregon)

You could lower distance of strides or change them to cardio based things like lateral hops, forward hops, jump rope for certain # of reps or for certain amount of time

1. Jog 10 min
2. Jumping jacks X20
3. Stride 100 meters
4. Russian twists x20
5. Stride 100 meters
6. Squat thrust/burpees x10
7. Stride 100 meters
8. High knee x20
9. Stride 100 meters
10. Lunges x10
11. Stride 100 meters
12. Pushups x20
13. Stride 100 meters
14. Butt kickers x20
15. Stride 100 meters
16. Russian twists x10
17. Stride 100 meters
18. Sprint 100 meters
19. Jog 5 min as cool down

Summer Running Log

Date	Location	Distance/Time	Date	Location	Distance/time
1-Jun			5-Jul		
2-Jun			6-Jul		
3-Jun			7-Jul		
4-Jun			8-Jul		
5-Jun			9-Jul		
6-Jun			10-Jul		
7-Jun			11-Jul		
8-Jun			12-Jul		
9-Jun			13-Jul		
10-Jun			14-Jul		
11-Jun			15-Jul		
12-Jun			16-Jul		
13-Jun			17-Jul		
14-Jun			18-Jul		
15-Jun			19-Jul		
16-Jun			20-Jul		
17-Jun			21-Jul		
18-Jun			22-Jul		
19-Jun			22-Jul		
20-Jun			23-Jul		
21-Jun			24-Jul		
22-Jun			25-Jul		
23-Jun			26-Jul		
24-Jun			27-Jul		
25-Jun			28-Jul		
26-Jun			29-Jul		
27-Jun			30-Jul		
28-Jun			1-Aug		
29-Jun			2-Aug		
30-Jun			3-Aug		
1-Jul			4-Aug		
2-Jul			5-Aug		
3-Jul			6-Aug		
4-Jul			7-Aug		
			8-Aug		
			9-Aug		
			10-Aug		
			11-Aug		
	Total Miles Column 1			Total Miles Column 2	
				Total Miles Column 1	
				Total miles	
			TBD	First Practice	
				4:00 behind Baun Gym	