

## ECS Varsity Cross Country workout schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 14	Rest Day	30 min	5K timed	Rest Day	4 miles	Hills	
Aug 21	Rest Day	30 Min w/ surges	1m/8 x 400 w/ 1min RI/1m***	Rest Day*	4.5 miles	Hills	Rest Day*
Aug 28	Rest Day	5K timed Expl/agility****	1m/10 x 400 w/ 1 min RI/1m	Rest Day*	4 miles Expl/agil	Hills	Rest Day*
Sep 4	Rest Day	30 Min w/surges Expl/agility	1m/10 x 400 w/ 1 min RI/1m	Rest Day*	RACE	1m/2x 400-200- 100 w/1min RI/1m	Rest Day*
Sep 11	Rest Day	5K timed Expl/agility	1m/4 x 800 w/ 1 min RI/1m	Rest Day*	4.5 miles Expl/agil	Hills	Virginia's Run 5K VOLUNTARY
Sep 18	Rest Day	4.5 miles Expl/agility	1m/6 x 800 w/ 1 min RI/1m	Rest Day*	RACE	1m/3x 400-200- 100 w/1min RI/1m	Rest Day*
Sep 25	Rest Day	25 Min w/surges Incr Expl/agility #	1m run/1m slow jog/1m run/1 m slow jog	Rest Day*	RACE	Hills Expl/agility #	Rest Day*
Oct 2	Rest Day	3 miles Expl/agility #	1m/1 x 1600/1m Expl/agility #	Rest Day*	RACE	1m/3x 400-200- 100 w/1min RI/1m Expl/agility #	Rest Day*
Oct 9	Rest Day	Bball practice	RACE	Rest Day*	Bball practice 2 Mile ER	Bball practice Team Event	Rest Day*
Oct 16	Rest Day	Bball practice JV State	5K ER	Rest Day*	Varsity State		Rest Day*

\*Saturday and Wednesday athletes are encouraged to build basketball skills, adding a 2 mile ER (easy run) at a conversational pace to keep legs loose. For ER, if you can't talk, you are running too fast.

\*\*Strides: 80 to 100 meters. Start slow and build up to 90%, perfect form, hold for 20 meters. Full recovery. Do after you run.

\*\*\*Intervals are warm up / number x distance w/ timed Rest In-between (RI) / cool down

\*\*\*\*Expl/agility are 60 meter sprints, high knee skips, bounds, and carioca that will develop agility and explosion.

# Basketball players will increase their proportion of Expl/agility here in consultation with basketball coaches

Core/strength workout will be done at practice and on your own (yes, even on Rest Days)

Ps. Get in the habit of doing right when you wake up (after time with God). You will thank us when you have tight abs and toned upper body by the time XC is over. This will help you avoid injury in any sport, including XC.

- Planks
  - 90 seconds front plank (on elbows, keep back straight, no bending either way)
  - 45 seconds side planks (on one elbow, keep hip straight in line, no banana)
- Bicycle (back flat, feet never touch floor, touch opposite knee with elbow)
  - 2 x 25
- Six inches (flat on back, hold heels 6" off ground, head and shoulders off ground)

- 1 minute
- Crunches (back flat, feet flat on floor, hands beside head, chin up)
  - 2 x 25 (hold in up position for two seconds)
- Push ups (back straight)
  - 2 x 30 seconds
- Dips (hold onto chair or bed, facing away with leg out. Lower your butt to the floor and then straighten arms)
  - 2 x max number