

GHS XC – Glendora Training for August 9 – 14

Keep going while the rest of the team is in Mammoth. Here are the workouts.

Everyday: Warm up

Monday: 5 x 75m Build Ups (Fast/Faster/Fastest) – 3 min recovery
25 minutes of continuous running
Circuits

Tuesday: 45 minutes of running, with 3 five minute pushes
Bridging and Pushups

Wednesday: 35 minutes of running
4 x 15 secs @ 800 pace – 3 min recovery
Circuits

Thursday: Hills – alternate 3 longs and 3 shorts (3.5 mins after longs, 2 after short)
Run 15 minutes before and after
Bridging and Pushups

Friday: Wednesday: 35 minutes of running
6 x 100m @ mile pace– jog back recovery
Circuits

Saturday: 60 minutes of continuous running
Bridging and Pushups

Strength Circuit

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|--------------------------|-------------------------------|------------------------------|
| 1. 28/23" - Wide Pushups | 4. 2 x 6" - Fast Running Arms | 7. 20/15" Narrow Pushups |
| 2. 12/9 - Superman | 5. 12/9 - Legs Side-to-Side | 8. 7/5ea - One leg deadlifts |
| 3. 4/2 - 3 Way Lunges | 6. 7/5ea - One leg Squats | 9. 12/9ea – Walking Lunges |

Core Circuit (Start on the minute – 30" to 35" on)

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|--------------------|---------------------|----------------------|
| 1. Bent Leg Crunch | 3&4 Diagonal Crunch | 6. Bike Crunch |
| 2. Vee Crunch | 5. Short Leg Raise | 7&8 Single Leg Raise |

Bridging/PU's - (Pushups -28/24 seconds, bridging 35/30 seconds)

Pushups -> Front Bridge -> Pushups -> Side Bridge (L/R) -> Back Bridge -> Pushup

Regular training for the whole team resumes on Monday August 16th, 6:00pm at GHS