

Warmup Routine

ALL ATHLETES MUST COMPLETE THE FOLLOWING WARMUP ROUTINE BEFORE GOING FOR A RUN:

10 Minute Run

Dynamic Stretching Including:

- High Knees
- Butt Kicks
- Heel Walks
- Bird Walks
- Soldier Kicks
- Scoops
- Leg Swings on Fence/Post

Cool down Routine

All athletes should cool down and complete static (non-moving) stretches including:

- Washing Machines
- Neck Rolls
- Hamstring Swipes
- Flamingos
- Calf Stretch
- Butterfly
- Ankle Rotation
- Laying Hamstring Stretch (Touch Toes)
- Glute Stretch
- IT Band Stretch

Gambetta Circuit

Week 1

3 circuits with 30 seconds rest between exercises and 1 min rest between circuits.

- Bodyweight Squat: 10 Reps
- Lunge: 5 Reps Each Leg
- Step-up: 5 Reps Each Leg
- Jump Squat: 5 Reps

Core Workout 1

All exercises should be done for 3 sets of 10 reps each. Athletes should do each exercise immediately after the previous exercise and take a 1-minute break between sets.

Regular Crunches

Table Top Crunches

Table Top Crunches Right Leg Extended

Table Top Crunches Left Leg Extended

Toe Touchers

Oblique Crunch Right Side

Oblique Crunch Left Side

Bridges

IT Scissor Right Side

IT Scissor Left Side