

XC Beginner July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Long Run</p> <p>10 Minute Warmup</p> <p>10 Minute Run</p> <p>Static Stretches</p>	<p>10 Minute Warm Up</p> <p>10 Minute Easy Run</p> <p>6x25 second striders with 1 minute recovery</p> <p>Static Stretches</p> <p>Gambetta Circuit Week 3</p>		<p>10 Minute Warm Up</p> <p>10 Minute Easy Run</p> <p>6x25 second striders with 1 minute recovery</p> <p>Static Stretches</p> <p>Core Workout</p>		<p>10 Minute Warm Up</p> <p>10 Minute Easy Run</p> <p>6x25 second striders with 1 minute recovery</p> <p>Static Stretches</p> <p>Gambetta Circuit Week 3</p>	
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<p>Long Run</p> <p>10 Minute Warmup</p> <p>40 Minute Run</p> <p>Static Stretches</p>	<p>10 Minute Warmup</p> <p>3 sets of 3 Up-hill runs hold mile/R-pace for 20 seconds, Light jog recovery back to bottom of hill.</p> <p>10 Minute Cool down</p> <p>Static Stretches</p> <p>Gambetta Circuit Week 3</p>	<p>10 Minute Warmup</p> <p>25 Minute Easy Run</p> <p>6x25 second striders with 1-minute recovery</p> <p>Static Stretches</p> <p>Core Workout 1</p>	<p>10 Minute Warmup</p> <p>25 Minute Easy Run</p> <p>6x25 second striders with 1-minute recovery</p> <p>Static Stretches</p> <p>Core Workout 2</p>	<p>10 Minute Warmup</p> <p>3 sets of 3 Up-hill runs hold mile/R-pace for 20 seconds, Light jog recovery back to bottom of hill.</p> <p>10 Minute Cool down</p> <p>Static Stretches</p> <p>Core Workout 3</p>	<p>10 Minute Warmup</p> <p>25 Minute Easy Run</p> <p>6x25 second striders with 1-minute recovery</p> <p>Static Stretches</p> <p>Gambetta Circuit Week 3</p>	Off Day
<p>Long Run</p> <p>10 Minute Warmup</p> <p>40 Minute Run</p> <p>Static Stretches</p>	<p>10 Minute Warmup</p> <p>3 sets of 3 Up-hill runs hold mile/R-pace for 20 seconds, Light jog recovery back to bottom of hill.</p> <p>10 Minute Cool down</p> <p>Static Stretches</p> <p>Gambetta Circuit Week 3</p>	<p>10 Minute Warmup</p> <p>25 Minute Easy Run</p> <p>6x25 second striders with 1-minute recovery</p> <p>Static Stretches</p> <p>Core Workout 1</p>	<p>10 Minute Warmup</p> <p>25 Minute Easy Run</p> <p>6x25 second striders with 1-minute recovery</p> <p>Static Stretches</p> <p>Core Workout 2</p>	<p>10 Minute Warmup</p> <p>3 sets of 3 Up-hill runs hold mile/R-pace for 20 seconds, Light jog recovery back to bottom of hill.</p> <p>10 Minute Cool down</p> <p>Static Stretches</p> <p>Core Workout 3</p>	<p>10 Minute Warmup</p> <p>25 Minute Easy Run</p> <p>6x25 second striders with 1-minute recovery</p> <p>Static Stretches</p> <p>Gambetta Circuit Week 3</p>	Off Day
<p>Long Run</p> <p>10 Minute Warmup</p> <p>40 Minute Run</p> <p>Static Stretches</p>	<p>20 Minute Warmup</p> <p>4 sets of 3 Up-hill runs hold mile/R-pace for 20 seconds, Light jog recovery back to bottom of hill.</p> <p>10 Minute Cool down</p> <p>Static Stretches</p> <p>Gambetta Circuit Week 4</p>	<p>20 Minute Warmup</p> <p>25 Minute Easy Run</p> <p>6x25 second striders with 1-minute recovery</p> <p>Static Stretches</p> <p>Core Workout 1</p>	<p>20 Minute Warmup</p> <p>25 Minute Easy Run</p> <p>6x25 second striders with 1-minute recovery</p> <p>Static Stretches</p> <p>Core Workout 2</p>	<p>20 Minute Warmup</p> <p>4 sets of 3 Up-hill runs hold mile/R-pace for 20 seconds, Light jog recovery back to bottom of hill.</p> <p>10 Minute Cool down</p> <p>Static Stretches</p> <p>Core Workout 3</p>	<p>20 Minute Warmup</p> <p>25 Minute Easy Run</p> <p>6x25 second striders with 1-minute recovery</p> <p>Static Stretches</p> <p>Gambetta Circuit Week 4</p>	Off Day

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 3

3 circuits with no 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

Week 4

5 circuits with no 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

Core Workout 1

All exercises should be done for 4 sets of 15 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

Core Workout 2

All exercises should be done for 3 and each exercise should be held for 15 seconds or completed for 15 reps. Athletes should do each exercise immediately after the previous exercise and take a 1-minute break between sets.

Regular Plank

Right Plank

Left Plank

Mountain Climbers

Six Inches

Six Inches Flutter Kick

Six Inches Wide

Six Inches Side Flutter Kick

Fire Hydrants

Donkey Kicks

Super Mans (Up for 10/Down for 10 for 2 minutes)

Dog Birds