



**NCHS XC**

**TRAINING PLAN**

**SUMMER 2012**

By the end of this summer, you'll be blasting out 400s, running for an hour-plus without stopping, churning out arm & shoulder sets reps to failure, balancing motionless on one foot for over 2 minutes, radically increasing flexibility and range of motion, looking and feeling GREAT, and being **TOTALLY READY** for **THE BEST XC SEASON OF YOUR LIFE**.

# WORKOUT KEY

## PRE: WALK

Walk for 5 minutes; increase: start at a stroll and end at a brisk pace

## PRE: LUNGE MATRIX

5 each leg; concentrate on both arms and legs to 90 degree angles; these are SLOW and IN CONTROL

- Front
- Back
- Front with twist (lead w/ opposite elbow)
- Back at 45 degree angle
- Right
- Left

## PRE: DYNAMICS

Do high reps sets for 20 meters

- Knee Cradles
- Toy Soldiers
- High Knees
- Butt Kicks
- Carioca down
- Carioca back (facing same direction)
- Lateral Leg Swings
- Linear Leg swings

## POST: STATIC STRETCHES

Gradually sink into each stretch with each exhalation as you relax, min 15 seconds per stretch

- R arm across chest; alternate
- R arm overhead, elbow up; alternate
- Down to right, concentrate on bend from hip, lead with chest & back straight; alternate with left + center
- R hurdle, hands grasp R foot, nose to knee; alternate
- Cross body stretch, hug R knee to chest; alternate
- Quadriceps, pull heel to backside; alternate
- Wall stretches, R calf (straight leg) + Achilles (bent leg); alternate

## ARMS & SHOULDERS

Use dumbbells or any weight handy,

adjust weight by exercise to complete set in proper form

- Pushups (hands under shoulders, elbows tight to side)
- Curls (backside & shoulders pressed to wall, or underhand pull-ups) M
- Triceps extensions (overhead )
- Dips (bodyweight)
- Rows (L hand on bench, R pulls to chest; alternate)
- Pressups (hands wider than shoulder width, thumbs ahead, fingers to side)
- Overhand pull-ups
- Ts (lift extended arms to side until weights at shoulder height)
- Shrugs

## EASY RUN

These runs are at conversational pace; run with a friend and talk the whole time (it's actually better for you that way); better yet, sing! (ask the USMC)

## INDY CORE

30 seconds per exercise, 50M strides between

1. Crunches
2. Sit-ups w/ reach
3. V-ups (or leg lifts)
4. Scissor kicks
5. Side crunch R
6. Side crunch L
7. Extended leg circles
8. Swivel supine
9. V-sit kick-outs
10. Bicycle crunches
11. Whirlybirds
12. Prone plank
13. Side plank R
14. Side plank L
15. ½ bridge
16. Supine elbows
17. Burpees X 10

## BALANCE

Stand on one foot, hands on hips, extend other leg at 45 degree angle w/ dorsiflexed foot; concentrate on no movement and controlled breaths

## **MERTYL**

Named after “hip girdle.” 5-10 reps per exercise. For explanations/pics, go to [Nikerunning.com](http://Nikerunning.com) and search for “mertyl.”

On alternating sides:

- Clams
- Lateral leg raise

On hands & Knees, alternate legs:

- Donkey kicks
- Donkey whips
- Fire hydrants
- Knee circles forward
- Knee circles backward

Standing against wall or tree, alternate legs:

- Hurdle trail legs forward
- Hurdle trail legs backward
- Lateral leg swings
- Linear leg swings

## **TEMPO RUN**

This shorter, higher-intensity run is to be done based on your race pace (RP). For example, if you run 7:00/mile in a race, your tempo at 1.2 X RP = 8:20 or so. 1.1 X RP would be 7:40. Tempo days should not seem easy.

## **PLYOS**

This plyometric routine is based on Insanity’s “Plyo-Cardio” disc. Do max reps for 30 seconds, rest and then do another set (or two).

- Suicides (3 lateral steps + floor touch, back & forth)
- Power jacks (down to squat)
- Mountain climbers (more like climbing a ladder, think 2 rungs at a time)
- Ski jumps (feet together, jump back and forth, use arms)
- Mummy kicks (straight arms & legs, keep hands at chin height)
- Jump shots
- Quickfeet (face front, move right, move back, move left, move up)
- Pushup drills (4 + alternate knees to chest, stand & jump)
- 10 burpees

## **EXTENDED CORE**

See attached sheet. This is an interval-style concentrated series of related core exercises that if done correctly will absolutely leave you a quivering mass of flesh lying in a puddle of sweat. Awesome!

## **ABR**

Stands for “Anything But Running.” Cross-training of choice: walking, cycling, swimming, dance, anything active counts

## **SPEEDWORK**

This workout requires a measured distance, preferable a rubberized track like ours ☺. Higher intensity, based on RPE percentage (Rate of Perceived Exertion). Full sprint = 100%. Involves repeats of distance with recoveries in between. Recoveries should be done at a walk, not hands on knees gasping for breath. 1:1 recovery means recovery time = running time (if you took 70 seconds on your 400, recover for 70 seconds). Full recovery means breathing AND heart rate have returned to normal, can take up to 5-7 minutes depending on distance run.

## **LSD**

Stands for “Long, slow distance.” Grab a running buddy or your MP3 player and keep your pace light. A low-intensity distance day trains your body to “push the wall back” like no other run. Bored? Advanced runners can incorporate a few strides or even fartlek workouts run with slower partners. But the best thing to do is just focus and motivate yourself with a little farther run each week.