**Week #1 Distance Running Training:**

**Hydrate often eat healthy and get proper sleep!!!!**

**Substitute Cross Country skiing in for Distance Runs**

\*Always warm up by doing the following:

1. Easy 5-10 minute jog.
2. Plyometric Drills
3. Strides

\*Always warm down by doing the following:

1. Easy jogging
2. Strides
3. Stretching
4. Core workout repeats

**Mon.3/10** Distance Run 20-30 minutes. Run loop around school.

{1 core set}

**Tues.3/11** Distance Run 20-30 minutes. Run loop around school.

{1 core set} \*Meeting in Mr. Prosen’s Room after workout\*

**Wed.3/12** Distance Run 30-40 minutes. Run out and back 14th.

{2 core sets}

**Thurs.3/13** Long Run 40-50 minutes. Run out and back 14th.

{2 core sets}

**Fri.3/14** Distance Run 20-30 or swim do pool workout 4pm-6pm.

{2 core sets} **Pentathalon!!**

**Sat.3/15** Distance Run on own.

{1-3 core sets}

**Sun.3/16** Rest or Easy Distance **Note:** Some workouts may include

playing capture the flag,

soccer, or basketball.

**Core Workout Set:**

1. 10-30 cone heads, sit-ups, crunches, or flutters & crossovers (need a mat)
2. 5-10 30 second super mans.
3. 10-30 push-ups, planks, reverse push-ups
4. 20-40 curls (need 10-20 pound weights or rubber bands) **weight room**
5. lunges 20-40 yards out & back
6. scooter bugs 10-20 yards out & back and again in other direction
7. 10-20 full body burpies
8. 10-15 pull-ups \* **weight room** or rubber bands
9. Jumping Rope or jump in place 1-2 minutes