**Week #2 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. Core Repeats
4. Stretching

**Mon.3/17** **Lumberjack Combine** Have fun!!

{2 core sets}

**Tues.3/18** Vote for captains set goals get uniform.

{2 core sets} Distance run 15-20 minutes.

**Wed.3/19** Distance Run 20-30 minutes. 5-10 min jog/2 min @ 3200

mrp/5 min jog/2 min @ 3200 mrp/6-11 min jog.

Out and back 14th.

{2 core sets}

**Thurs.3/20** ***UW-S Indoor 4PM***

{2 core sets} If not at meet 30-40 min distance run.

**Fri.3/21** **Pool Option: 4pm-6pm** or 30-40 min distance run.

{2 core sets}

**Sat.3/22** Long Run 50-60 minutes.

{1-3 core sets}

**Sun.3/13** 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 resistant 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,** resistant bands, or partner pull-ups
9. Jumping Rope or jump in place 1-2 minutes