

High School Running Coach (HSRC)						
Cross-Country Training Program (Integrated General Strength / Plyometric Training)						
Summer 2011 / Fall 2011 (Monday, May 16th, 2011 - Sunday, December 4th, 2011)						
WEEK 0': Monday, May 23rd, 2011 - Sunday, May 29th, 2011						
General Strength Routine I						
1) Push-ups						
				30-seconds of Continuous Repetitions = 1 Set		
2) Russian Twists						
				30-seconds of Continuous Repetitions = 1 Set		
3) Hyperextensions						
				30-seconds of Continuous Repetitions = 1 Set		
4) Prisoner Squats						
				30-seconds of Continuous Repetitions = 1 Set		
5) Ankle Hops						
				30-seconds of Continuous Repetitions = 1 Set		
6) Split Squat Jumps						
				30-seconds of Continuous Repetitions = 1 Set		
1 Set of Each GS / Plyometric Movement = 1 Circuit						
Complete Continuous Circuits for 8- to 10-minutes w/						
20-second Rest Intervals between Sets						

WEEK 0': Monday, May 23rd, 2011 - Sunday, May 29th, 2011

General Strength Routine II

1) Abdominal Crunches 30-seconds of Continuous Repetitions = 1 Set

2) Rocket Jumps 30-seconds of Continuous Repetitions = 1 Set

3) "V" Sit-ups 30-seconds of Continuous Repetitions = 1 Set

4) Supine Bridge w/ Alternating Leg Raises 30-seconds of Continuous Repetitions = 1 Set

5) Right Plank w/ Left Leg Raises 30-seconds of Continuous Repetitions = 1 Set

6) Left Plank w/ Right Leg Raises 30-seconds of Continuous Repetitions = 1 Set

1 Set of Each GS / Plyometric Movement = 1 Circuit

**Complete Continuous Circuits for 8- to 10-minutes w/
20-second Rest Intervals between Sets**

WEEK I: Monday, May 30th, 2011 - Sunday, June 5th, 2011

General Strength Routine III

1) Prone Plank w/ Alternating Leg Raises 30-seconds of Continuous Repetitions = 1 Set

2) Continuous Hurdle Jumps 30-seconds of Continuous Repetitions = 1 Set

3) Supine Plank w/ Alternating Leg Raises 30-seconds of Continuous Repetitions = 1 Set

4) Scissor Jumps for Height 30-seconds of Continuous Repetitions = 1 Set

5) Side-Ups 30-seconds of Continuous Repetitions = 1 Set

6) Skips for Vertical Displacement 30-seconds of Continuous Repetitions = 1 Set

1 Set of Each GS / Plyometric Movement = 1 Circuit

**Complete Continuous Circuits for 8- to 10-minutes w/
20-second Rest Intervals between Sets**

WEEK I: Monday, May 30th, 2011 - Sunday, June 5th, 2011

General Strength Routine IV					
1) Right Leg Lunge Matrix w/ Reach & Rotation 30-seconds of Continuous Repetitions = 1 Set					
2) Right & Left Lateral Leg Raises 30-seconds of Continuous Repetitions = 1 Set					
3) Left Leg Lunge Matrix w/ Reach & Rotations 30-seconds of Continuous Repetitions = 1 Set					
4) Single Leg "Runner's" Squats 30-seconds of Continuous Repetitions = 1 Set					
5) Skip for Height 30-seconds of Continuous Repetitions = 1 Set					
6) Alternate Leg Bounding 30-seconds of Continuous Repetitions = 1 Set					
1 Set of Each GS / Plyometric Movement = 1 Circuit					
Complete Continuous Circuits for 8- to 10-minutes w/					
20-second Rest Intervals between Sets					
WEEK I: Monday, May 30th, 2011 - Sunday, June 5th, 2011					
General Strength Routine V: Strength & Supplemental Conditioning					

1) Burpees				30-seconds of Continuous Repetitions = 1 Set
2) Good Mornings				30-seconds of Continuous Repetitions = 1 Set
3) Walking Push-ups				30-seconds of Continuous Repetitions = 1 Set
4) Bicycles				30-seconds of Continuous Repetitions = 1 Set
5) Mountain Climbers				30-seconds of Continuous Repetitions = 1 Set
6) Supine Bridge w/ Alternating Hip / Knee Flex				30-seconds of Continuous Repetitions = 1 Set
1 Set of Each GS / Plyometric Movement = 1 Circuit				
Complete Continuous Circuits for 8- to 10-minutes w/				
20-second Rest Intervals between Sets				
General Strength Routine VI: Strength & Stabilization				
1) Single (Right) Leg Stand - Hip Abduction / Adduction				30-seconds of Continuous Repetitions = 1 Set
2) Single (Left) Leg Stand - Hip Abduction / Adduction				30-seconds of Continuous Repetitions = 1 Set

3) Single (Right) Leg Reach Progression - Sagittal Plane					30-seconds of Continuous Repetitions = 1 Set
4) Single (Left) Leg Reach Progression - Sagittal Plane					30-seconds of Continuous Repetitions = 1 Set
5) Single (Right) Leg Reach Progression - Frontal Plane					30-seconds of Continuous Repetitions = 1 Set
6) Single (Left) Leg Reach Progression - Frontal Plane					30-seconds of Continuous Repetitions = 1 Set
7) Single (Right) Leg Reach Progression - Transverse Plane					30-seconds of Continuous Repetitions = 1 Set
8) Single (Left) Leg Reach Progression - Transverse Plane					30-seconds of Continuous Repetitions = 1 Set
9) Toe Walks - Toes In					30-seconds of Continuous Repetitions = 1 Set
10) Toe Walks - Toes Out					30-seconds of Continuous Repetitions = 1 Set
11) Heel Walks - Toes In					30-seconds of Continuous Repetitions = 1 Set
12) Heel Walks - Toes Out					30-seconds of Continuous Repetitions = 1 Set
13) Toe Walks - Medial Base					30-seconds of Continuous Repetitions = 1 Set
14) Toe Walks - Lateral Base					30-seconds of Continuous Repetitions = 1 Set
15) Heel Walks - Medial Base					30-seconds of Continuous Repetitions = 1 Set

