High School Running (Coach (HSRC)			
Cross-Country Training	g Program (<mark>Int</mark>	egrated Gen	eral Streng	th / Plyometric Training)
<u>Summer 2011 / Fall 20</u>	11 (Monday, M	lay 16 th , 201	1 - Sunday,	December 4 th , 2011)
WEEK 0': Monday, May 23 rd ,	2011 - Sunday, Ma	ny 29 th , 2011		
General Strength Routine				
1) Push-ups		30-seconds of	Continuous R	epetitions = 1 Set
2) Russian Twists		30-seconds of	Continuous R	epetitions = 1 Set
3) Hyperextensions		30-seconds of	Continuous R	epetitions = 1 Set
4) Prisoner Squats		30-seconds of	Continuous R	epetitions = 1 Set
5) Ankle Hops		30-seconds of	Continuous R	epetitions = 1 Set
6) Split Squat Jumps		30-seconds of	Continuous R	epetitions = 1 Set
1 Set of Each GS / Plyometri	c Movement = 1 C	ircuit		
Complete Continuous Circui	ts for 8- to 10-min	utes w/		
20-second Rest Intervals be	tween Sets			

WEEK 0': Monday, May 23 rd ,	2011 - Sunday M	lay 29th 2011		
WEEK 0. Monday, May 25 ,	Zuri - Sunday, W			
General Strength Routine				
1) Abdominal Crunches		30-seconds of	Continuous Repo	etitions = 1 Set
2) Rocket Jumps		30-seconds of	Continuous Repe	etitions = 1 Set
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3) "V" Sit-ups		30-seconds of	Continuous Repe	atitions = 1 Sat
3) V Sit-ups		JU-Seconds of	Continuous Rept	fittolis - 1 Jet
			_	
4) Supine Bridge w/ Alternat	ting Leg Raises	30-seconds of	Continuous Repe	etitions = 1 Set
5) Right Plank w/ Left Leg R	aises	30-seconds of	Continuous Repe	etitions = 1 Set
6) Left Plank w/ Right Leg R	aises	30-seconds of	Continuous Repe	etitions = 1 Set
1 Set of Each GS / Plyometri	ic Movement = 4	 Circuit		
i Set of Each GS / Pryometh	ic movement – 1	Gircuit		
Complete Continuous Circui	its for 8- to 10-mi	nutes w/		
20-second Rest Intervals be	tween Sets			

WEEK I: Monday, May 30 th , 2	011 - Sunday, Jun	e 5 th , 2011		
General Strength Routine				
1) Prone Plank w/ Alternating	Leg Raises	30-seconds of	Continuous Re	petitions = 1 Set
2) Continuous Hurdle Jumps		30-seconds of	Continuous Re	petitions = 1 Set
3) Supine Plank w/ Alternatin	g Leg Raises	30-seconds of	Continuous Re	petitions = 1 Set
4) Scissor Jumps for Height		30-seconds of	Continuous Re	petitions = 1 Set
5) Side-Ups		30-seconds of	Continuous Re	petitions = 1 Set
6) Skips for Vertical Displace	ement	30-seconds of	Continuous Re	petitions = 1 Set
1 Set of Each GS / Plyometric	: Movement = 1 C	ircuit		
Complete Continuous Circuit	s for 8- to 10-min	utes w/		
20-second Rest Intervals bet	ween Sets			
WEEK I: Monday, May 30 th , 2	011 - Sunday, Jun	ne 5 th , 2011		

General Strength Routine IV	7			
1) Right Leg Lunge Matrix w	Reach & Rotation	30-seconds of	Continuous Rep	petitions = 1 Set
2) Right & Left Lateral Leg R	aises	30-seconds of	Continuous Rep	petitions = 1 Set
3) Left Leg Lunge Matrix w/	Reach & Rotations	30-seconds of	Continuous Rep	petitions = 1 Set
4) Single Leg "Runner's" Squ	ats	30-seconds of	Continuous Rep	petitions = 1 Set
5) Skip for Height		30-seconds of	Continuous Rep	petitions = 1 Set
6) Alternate Leg Bounding		30-seconds of	Continuous Rep	petitions = 1 Set
1 Set of Each GS / Plyometric	c Movement = 1 Ci	rcuit		
Complete Continuous Circuit	ts for 8- to 10-minu	tes w/		
20-second Rest Intervals bet	tween Sets			
WEEK I: Monday, May 30 th , 2	011 - Sunday, June	5 th , 2011		
General Strength Routine V	: Strength & Suppl	emental Condit	ioning	

		1		
1) Burpees		30-seconds of	Continuous Re	epetitions = 1 Set
2) Good Mornings		30-seconds of	Continuous Re	epetitions = 1 Set
3) Walking Push-ups		30-seconds of	Continuous Re	petitions = 1 Set
4) Bicycles		30-seconds of	Continuous Re	epetitions = 1 Set
5) Mountain Climbers		30-seconds of	Continuous Re	petitions = 1 Set
0.0 - 0.1 /41/	4- 11- 11		<u> </u>	4
6) Supine Bridge w/ Alter	nating Hip / Knee Flex	3U-seconds of	Continuous Re	epetitions = 1 Set
1 Set of Each GS / Plyomo	etric Movement = 1 Ci	rcuit		
Complete Continuous Cir	cuits for 8- to 10-minu	ites w/		
20-second Rest Intervals	between Sets			
	X / I			
General Strength Routine	VI : Strength & Stab	ilization		
4) Single (Bight) St	ad Win Abduction / As	Iduation	20 seconds of	Continuous Bonstitions = 4 Set
1) Single (Right) Leg Star	ia - mip Abauction / Ad	auction	SU-Seconds of	Continuous Repetitions = 1 Set
	I - Hip Abduction / Add			Continuous Repetitions = 1 Set

3) Single (Right) Leg Reach Progress	sion - Sagittal Plane	30-seconds of	Continuous Repetitions = 1 Set
1) Single (Left) Leg Reach Progressi	on - Sagittal Plane	30-seconds of	Continuous Repetitions = 1 Set
5) Single (Right) Leg Reach Progress	sion - Frontal Plane	30-seconds of	Continuous Repetitions = 1 Set
S) Single (Left) Leg Reach Progressi	on - Frontal Plane	30-seconds of	Continuous Repetitions = 1 Set
7) Single (Right) Leg Reach Progress	sion - Transverse Plane	30-seconds of	Continuous Repetitions = 1 Set
B) Single (Left) Leg Reach Progressi	on - Transverse Plane	30-seconds of	Continuous Repetitions = 1 Set
)) Toe Walks - Toes In		30-seconds of	Continuous Repetitions = 1 Set
0) Toe Walks - Toes Out		30-seconds of	Continuous Repetitions = 1 Set
11) Heel Walks - Toes In		30-seconds of	Continuous Repetitions = 1 Set
2) Heel Walks - Toes Out		30-seconds of	Continuous Repetitions = 1 Set
13) Toe Walks - Medial Base		30-seconds of	Continuous Repetitions = 1 Set
4) Toe Walks - Lateral Base		30-seconds of	Continuous Repetitions = 1 Set
5) Heel Walks - Medial Base		30-seconds of	Continuous Repetitions = 1 Set

16) Heel Walks - Latera	I Base	30-seconds of Continuous Repetitions = 1 Set
1 Set of Each GS / Stab	ilization Movement = 1 Circ	uit
Complete Continuous C	ircuits for 16- to 20-minutes	s w/
10-second Rest Interva	ls between Sets	