

Roosevelt Cross Country Strength and Core (June→August)

Remember Keep Your Hard Days Hard and Easy Days Easy

Week of June 17 th	Side Leg Raises 10 Reps/Side Adductor Leg Raises 10 Reps/Side Side Crunches 15 Reps/Side Windshield Wipers 10 Reps Hip Raises 20 Reps Leg Raises 10 Reps Fire Hydrants 12 Reps per side Crunches 15 reps Super Mans 15 reps Pushups 12 reps	Weighted Swings 10 Reps/Side Torso Twists 10 Reps The Phoenix 10 reps Crunches 20 reps Deadlifts and Front Raise 10 reps Discus Thrower 10 reps/side Leg Raises 14 Reps Crossover Crunches 20 Reps Low Reverse Flys 10 Reps Squats and Shoulder Presses 12 R	Plyo: (30 Seconds on Everything x2) Jump Rope 10 of Each Ladders (fast feet straight through) Side to Side on 1 Foot Front to Back 1 Foot Single Leg Squat with Hop Fun: Partner Plank + Crab Walk
Week of June 24 th	Water Bottle Core: 20 Reps Each Side 2 Side Tick Ups Side to Side Vups Crossovers Alt Marches Open Close Tuck Open Close V Ups Scissors	Pushups 10 Right Side: Side Leg Raises 20 Side Hip Raises 20 Crossover Crunches 20 Hip Raises 20 Leg Raises 20 Then Repeat On The Left Side.	30 sec: Jump Rope x2 10 of Each x 3: Explosive Step Up Pogo Jumps Explosive Lunges Fun: Partner Situp/Plank Partner Bicycle
Week of July 1 st	Ladder: 12 to 2 (evens only) Squats Speed Skaters Single Leg DeadLift Pushups Leg Raises Windshield Wipers	15 Reps Each Side Pushups Hip Raises W/Leg Extension Russian Twists Side Crunches Adductor Leg Raises Bird Dog	45 Seconds Jump Rope 10 of Each Sideways Ladders Compass Jumps Banded High Knees 180 Squat Jumps Fun: Partner High Knees/Squat
Week of July 8 th	20 Reps Each x 2 Torso Twists Russian Twist Side Hip Raise Side Leg Raise Superman Side Lunge Standing Hurdles One Leg Deadlifts	20 Reps x 2 Crunches Deadlift w/Front Raise Leg Raises Knee Crunches Phoenix Crossover Crunches Plank Leg Raises	60 Second Jump Rope 12 of Each Lateral Bound Single Leg Sit to Jump Reverse Lunge to Knee Jump Split Squat Jump Lateral Lunge to SL Hop Fun: Partner Punch/Block

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Week of July 15 th	<p>Pushups 10-20 Hip Raises w/Leg Extension 10es Russian Twists 30 Leg Raises 10 Side Leg Raises 20 Adductor Leg Raises 20 Side Hip Raises 20 Repeat 2-3x</p>	<p>Pushups 10-20 Leg Circles 20 Reps Fire Hydrants 20 Kick Backs 20 Supermans 20 Crunches 20 Repeat 2-3x</p>	<p>30 seconds each Single Leg Jump Rope 10 Reps Scissor Jumps Frog Jumps Touch Down Jacks Single Leg Squat w/Hop Fun: Partner Side Crunch High Five</p>
Week of July 22 nd	<p>Ladder: 12 to 2 (evens only) Squats Speed Skaters Single Leg DeadLift Pushups Leg Raises Windshield Wipers</p>	<p>Water Bottle Core: 20 Reps Each Side 2 Side Tick Ups Side to Side V Ups Crossovers Alt Marches Open Close Tuck Open Close V Ups Scissors</p>	<p>Plyo Relays! Course Setup and 1st Team Through.</p>
Week of July 29 th	<p>Pushups 10 Hip Raises 30 Russians 30 Pushups 10 Knee Crunches 30 Leg Raises 20 Repeat x 2-3</p>	<p>Bleacher Core: 15 of each x3 Single Leg Seated Squat Step Up Leg Thrust Single Leg Side Squat Tricep Dips Fast Feet</p>	<p>30 Seconds Jump Rope 10 Reps Front and Back Long Jumps Plank Jacks Box Jumps Partner Plank w/Crab Walk</p>
Week of August 5 th	<p>Pushups 10 Side Hip Raises 20 each side Leg Circles 10 each side Supermans 30 Crunches 20 Plank Leg Raises 10 each side Repeat 2-3x</p>	<p>Weighted Swings 10 Reps/Side Torso Twists 10 Reps The Phoenix 10 reps Crunches 20 reps Deadlifts and Front Raise 10 reps Discus Thrower 10 reps/side Leg Raises 14 Reps Crossover Crunches 20 Reps Low Reverse Flys 10 Reps Squats and Shoulder Presses 12 R</p>	<p>30 Seconds Jump Rope 12 Each Ladder Drills Single Leg Jumps Side to Side Single Leg Jumps Front to Back Alternating Jumping Lunges</p>