**ANDERSON CROSS COUNTRY SUMMER WORK-OUT 2022**

The Anderson cross-country teams will be divided into five groups. The workouts vary according to the individual's current level of fitness, time of the season, and the weather. Athletes must be aware that they can do more if they can handle the extra work. Begin each day with stretching, a half-mile to one-mile jog and strides. The five groups are listed below**. Be in shape when you report for the first in-person practice of the season on Monday, August 1, 2022 AT Zilker Park!**

A. Varsity Boys

B. Top J.V. Boys

C. Varsity Girls & Less Advanced Boys

D. J.V. Girls

E. Beginner Group

**Monday: Long Run Day**

A. 8 miles or 50-55 minutes

B. 6-7 miles

C. 4-5 miles

D. 2.5-4 miles

E. 1-2 miles

**Tuesday: Long Intervals W/ Weight Work**

(Strength / Weight Work - usually run on the grass, 3 minutes rest for longer intervals,

 2 minutes for shorter ones.)

A. 4x1500; 1x400

B. 3x1500; 1x1000; 1x500

C. 2x1500; 1x1000; 2x500

D. 1x1500: 2x1000; 2x500

E. 2x1000: 2x500

**Wednesday: Distance Recovery Day**

**(Incorporate this work-out as a team workout along Town Lake if possible.)**

A. 5-8 miles; 6x150 meter accelerations

B. 4-6 miles: 6x150 meter accelerations

C. 3-4 miles; 6x150 meter accelerations

D. 2-3 miles; 6x150 meter accelerations

E. 1-2 miles; 6x150 meter accelerations

**Thursday: Speed/Hills/Track Or Use Tuesday’s Workout**

(Focus more on hills and then switch to faster track work.)

A. 8x-300 meter hills (jog downhill for recovery)

B. 6x-300 meter hills

C. 4-5x300 meter hills

D. 2-3 x300 meter hills

E. 1-2 x300 meter hills

**Friday: Recovery**

A. 2.5-3 miles easy

B. 2.5-3 miles easy

C. 2.5-3 miles easy

D. 2 miles easy

E. Off

**Sunday:**

Easy 30-45 minutes on your own.

WEIGHT WORK- OUT

**TUESDAY AND THURSDAY**:

**UPPER BODY: CORE MUSCLES**

BENCH PRESS 4 X 8 @ 50-80%

INCLINE 4 X 8 @ 50-80%

UPRIGHT ROWS 4 X 8 @ WEIGHT

**UPPER BODY: CORE AND SECONDARY MUSCLES**

AUXILARY WEIGHTS: (DUMB BELLS OR FREE WTS. & CURL BAR)

FLIES 2 X 15 @ 5-10 LBS

ARM RAISES 2 X 15 @ 5-10 LBS.

TRICEP EXT. 2 X 15 @ 10-30 LBS.

CURLS 2 X 15 @ 10-30 LBS.

 PUSH PRESS 2 X 15 @ 10-30 LBS.

 LAT PULL DOWN 2 X 15 @ 25-90 LBS.

 **LOWER BODY: CORE MUSCLES**

 LEG PRESS 4 X 8 @ 45-250 LBS.

 LUNGES 4 X 8 @ 45-100 LBS

 SQUATS 4 x 8 @ 45-200 LBS.

 POWER CLEAN 4 X 8 @ 45-100 LBS

 ABS & HAMS STATION 4 x 8

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**FLEXIBILITY AND STRENGTH EXERCISES:**

FLEXIBILITY BANDS 2 SETS OF 20 REPS

ROWS

TRICEPS EXTENSIONS

CURL UPS

PUSH PRESS

HAMMER PULL

* MEDICINE BALL/SANDBELLS EXERCISES 2 SETS OF 30 REPS

(CRUCHERS/SIT-UPS, RUSSIAN TWIST, BICYCLE, REACH FOR THE STARS)

* JUMP ROPE (5 SETS OF 1-2 MINUTES OF STEADY PACE, R & L FOOT, DOUBLE SKIP)

* PLANKS 2 SETS OF EACH @ 30 SECONDS-FULL, R & L LEG UP, R & L SIDE, SCISSORS)
* BUNGEES (3 SETS OF EACH @ 30 R & L STRADDLE, LUNGE, REVERSE LUNGE, RUNNING)
* PLYOMETRIC EXERCISES

STEP-UPS

JUMP UPS

JUMP OVERS

 BOXES

 VERTIMAX

 **\*\*\*EMPHASIZE SAFETY IF YOU WORK OUT IN A GYM WEIGHT ROOM OR AT HOME. FOLLOW CORONAVIRUS GUIDELINES! STAY HEALTHY AND BE SAFE.**