

ANDERSON CROSS COUNTRY SUMMER WORK-OUT 2019

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-one mile jog and strides. The five groups are listed below. **Be in shape when you report for the first practice of the season on Tuesday, July 30th at Anderson HS! (The following day, our second practice will be a Zilker.)**

- 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

FLEXIBILITY AND STRENGTH EXERCISES:

1. FLEXIBILITY BANDS 2 SETS OF 20 REPS
 ROWS
 TRICEPS EXTENSIONS
 CURL UPS
 PUSH PRESS
 HAMMER PULL
2. MEDICINE BALL/SANDBELLS EXERCISES 2 SETS OF 30 REPS
 (CRUCHERS/SIT-UPS, RUSSIAN TWIST, BICYCLE, REACH FOR THE STARS)
3. JUMP ROPE (5 SETS OF 1-2 MINUTES OF STEADY PACE, R & L FOOT, DOUBLE SKIP)
4. PLANKS (2 SETS OF EACH @ 30 SECONDS-FULL, R & L LEG UP, R & L SIDE, SCISSORS)
5. BUNGEEES (3 SETS OF EACH @ 30 R & L STRADDLE, LUNGE, REVERSE LUNGE, RUNNING)
6. PLYOMETRIC EXERCISES
 STEP-UPS
 JUMP UPS
 JUMP OVERS
 BOXES
 VERTIMAX

*****WEIGHT ROOM IS OPEN FROM JUNE 3 – JULY 18, 2019. (MON-THURS, 2:00-6:00 P.M.)
WEIGHT ROOM & GYMS CLOSED JUNE 28- JULY 7/ALL SCHOOLS ARE SHUT DOWN
BOTH GYMS CLOSED FOR COATING & WAXING JUNE 28-JULY 7**