

Core Work for Runners

30 Seconds of each – Feet do not touch the ground (3 minutes)

1. Flutter
2. Scissor
3. Knees to chest
4. Hips
5. Rows
6. Russian Twists

Then 1 minute of each with no rest (4 minutes)

1. Front Plank
2. R-Side Plank
3. L-Side Plank
4. Back Plank

Then 30 seconds of 1-6 again (3 minutes) – 10 minutes total

Then Front Plank for as long as you want to hold them – 1 min, 2 min, 3 min etc...

Progress to 40 seconds and then progress to 60 seconds for each exercise

Woody's X-Fit set

10-12x Pushup-Rows

Walking lunges out 10 on each leg and back 10 on each leg
(holding a med ball or weight overhead)

10-12x Hammer curls into a push-press leaving your feet

10-12 Squats (hug the fat man)

50 jump rope

2018 Tryout Times

	Boys	Girls	Distance
Seniors	15:25 (6:10/mile)	17:55 (7:10/mile)	2 ½ Miles on the track
Juniors	16:40 (6:40/mile)	19:10 (7:40/mile)	2 ½ Miles on the track
Sophomores	13:20 (6:40/mile)	15:20 (7:40/mile)	2-Mile on the track

This will be run on Monday morning, the first day of practice