

PANTHER

CROSS-COUNTRY
MIDDLE DISTANCE
DISTANCE

TRAINING BOOKLET



PAIN IS TEMPORARY PRIDE IS FOREVER!!

Coach Miller
Coach Hoge
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PANTHER

Cross Country, Middle Distance & Distance

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Coach's Corner:

This can be a tremendous year for each of you as individual athletes and to reach your personal goals. Also, you can help the team gain local & national attention. Are you ready? Mental preparation focus, concentration, a deep desire, and sacrifice – that is what it will take to reach your own true potential. Work together as a team, commit yourself every single day, and in one's own personal goals.

Individually and together as a team: Commitment – Desire – Hard Training – Sacrifice – Overcoming Adversity – More Sacrifice – Listening to your coach – Following through with all your heart. You can be champions, as some of you found out this past year. Still more can be accomplished! Use your summer to prepare yourself!

Prepare yourself for the greatest year of running you have ever achieved and experienced.

“The Will to Win Means Nothing Without the Will to Prepare”!!!

PANTHER

Cross-Country

Mid-distance-Distance

Mission Statement

The mission of the Putnam North High School Cross Country program is to create an accepting, supportive, and positive environment that encourages growth in each individual. The focus of our daily behavior is to promote success and achievement for every athlete while providing them with the opportunity, skills, knowledge, and understanding necessary to become successful and productive runners/citizens.

Goals

Each member of the Panther Cross Country team will:

1. Diligently strive to better their physical strength and fitness level primarily through daily running, and to promote a lifestyle and attitude of physical fitness.
2. Make every effort to contribute to an environment of pervasive caring for others and themselves, so that each athlete's mental and social well-being is improved.
3. Attempt to contribute to the highest level of regional and State championship success for themselves and their team.

No single goal is independent or more important than any other.

Vision

To seek success in all that we do and give it our **ALL!**

MOTTO

PAIN is Temporary PRIDE is FOREVER!!

Panther Coaches Philosophy

We as a coaching staff help athletes develop their full potential. Our combined experience from coaching athletes has shown us that an athlete's potential is much greater than the athlete and coaches realizes. If an athlete and coach works together and goals are set each season, it is amazing what can be accomplished!

We train under several philosophical principles:

1. Athlete and coach work together to set measurable, realistic and tangible long, medium, and short-term goals.
2. Ensure we integrate the appropriate training volumes and intensities into a year-long training cycle that centers on achieving specific annual mileage goals that will ultimately become appropriate to their event, as well as achieving specific annual training and competitive cross country and track goals.
3. Have enough confidence in ourselves, both individually, and as a team, to continue the progress from year to year, following a regimen of progressively increased workloads, until the athlete's potential has been accomplished or the athlete's goals have been satisfied.

Integral to these philosophies is helping the student-athlete realize their potentials as a whole person and the attention to whole person values. The mental, emotional, physical, and spiritual areas must be in balance for the athlete to realize their full potential.

*The **VALUES** that WE teach and model as a coach help to lift up the student-athletes performances as well as their direction in life. The confidence they gain from training carries over to their competition, **"which then carries over into the other obscure sport called life."** As the great American coach Bill Bowerman once said.*

The Six Zones of Training

Middle Distance & Distance

Anaerobic

Aerobic

- | | | | | | |
|------------------------------|---------------------------------|------------------------|----------------------|----------------------------|------------------------|
| 1. 400
Speed
Endurance | 2. 800 – 1600
Event Specific | 3. 3200 – 5K
Vo2max | 4. Lactate Threshold | 5. Aerobic
Conditioning | 6. Aerobic
Recovery |
|------------------------------|---------------------------------|------------------------|----------------------|----------------------------|------------------------|

Success at the middle and long distance events is due to the understanding of becoming a balanced runner in all six zones of training.

Major Training Components

THE AEROBIC COMPONENTS

Heart Rates

Aerobic Recovery Running	(65-70% Max HR)
Aerobic Conditioning Running	(75-80% Max HR)
Lactate Threshold Running	(85-90% Max HR)
Maximal Oxygen Uptake or MVO2 Running	(90-95% Max HR)
Aerobic Power Running	(95-100% Max HR)

THE ANAEROBIC COMPONENTS

Heart Rates

Anaerobic Power Running	(100% Max HR)
Lactic Acid Tolerance Running	(100% Max HR)
Speed and Power	(100% Max HR)

THE AUXILIARY COMPONENTS

Strength Conditioning
Flexibility and Recovery
Nutrition, Hydration, etc.

AEROBIC TRAINING COMPONENTS DEFINED

1. Aerobic Recovery Running

Basically these runs begin the aerobic conditioning process by improving general circulation, muscle capillarization and the heart's stroke volume, enhance the body's ability to recover from and adapt to harder training, and contribute to general running economy.

2. Aerobic Conditioning Running

These runs are basically to increase the endurance capacity of the body by improving general circulation, muscle capillarization and the heart's stroke volume.

3. Lactate Threshold Running

This type of workout introduces faster endurance running into the body and continues to develop running economy. It also further enhances the development of muscle capillarization and the stroke volume of the heart. In addition, when done in the form of interval training it improves the action of the fast oxidative glycolytic (FOG) cells – fast-twitch A muscles fibers that are powerful but do not normally use oxygen very well and thus fatigue quickly in an untrained state.

Four Types

1. 45 – 60 minutes for athletes whose long runs are regularly 90 minutes
2. 35 – 45 minutes for athletes whose long runs are regularly 60 minutes
3. 20 – 25 minutes for beginners, juniors and anyone who does not run beyond 1 hour on a long run
4. Repeats of (1600m – 3200m).

4. Aerobic Power Running

This type of workout is event/racing specific in that they prepare the body for competition. Surge Intervals are examples of Aerobic Power.

5. Maximal Oxygen Uptake

This type of workout increases the body's ability to use oxygen efficiently and begin the process of introducing small amounts of acidity in to the body's system. Surge Intervals, Steady State Runs, and Repeats are examples of workouts for MVO₂.

ANAEROBIC TRAINING COMPONENTS DEFINED

6. Anaerobic Power Running

Anaerobic power running correlates very closely to the requirements of the (800 – 3K events). The primary goal of anaerobic power training is to increase the body's ability to hold race speeds while maintaining a smooth relaxed action.

7. Lactic Acid Tolerance Running

Controlled lactic acid tolerance training aims to improve the buffering capacity of the blood and thus increase the body's ability to resist the effects, and pain, of acidosis.

8. Speed Training

Speed of movement can be thought of as the amount of power that the body possesses to move its weight over a given distance in the shortest period of time. Speed in a middle or long distance race is initiated by power, sustained by aerobic endurance, anaerobic tolerance, and completed with power.

AUXILIARY TRAINING COMPONENTS DEFINED

9. Strength

The methods used to gain strength are core strengthening exercises, plyometrics, circuit training, weights and all forms of resistance type training (Hills, Pool, Bungee Cord, and Parachute). The goal is to build muscular balance, power, and oxygen burning muscles combined.

10. & 11. Flexibility & Recovery

Injury and illness are signs of an imbalance in a training program. Every athlete is born with a greater or lesser resistance to these mortal enemies of performance but a balanced program will help keep these woes to a minimum. Athletes have a tendency to ignore warning signs such as elevated heart rates (RHR, MHR), and muscle tightness. Athletes are also very likely to ignore advice about Rest, Sleep, Hydration, Breathing, Nutrition, Recovery, Massage, and Stretching.

Secrets of a Successful Runner

Heart Rate Monitoring

Max. Heart Rate (How to find):

Run 2-3 miles (or 15-20 minutes continuous at lactate threshold (87% of max. heart rate). Then sprint for 60-75 seconds, or the last 400 meters of the threshold with all-out effort. Maximal heart rates will occur for that athlete at that fitness level.

Example: for a max. heart rate of 200 beats per minute:

$$\begin{array}{r} 200 \quad (\text{measured max. heart rate}) \\ - 50 \quad (\text{morning resting heart rate}) \\ \hline = 150 \\ \times 75\% \quad (\text{desired heart rate zone}) \\ \hline = 112.5 \\ + 50 \quad (\text{morning resting heart rate}) \\ \hline = 162.5 \quad \text{TARGET HEART RATE for Training Zone} \end{array}$$

Resting Heart Rate (How to find):

Count the heart beats for 6 seconds and add a zero on the number of beats you counted. This determines the number of heartbeats per minute.

If your pulse is 5+ beats higher than your normal **resting heart rate** go for a slow, easy, relaxing run that day.

If your pulse is 10+ beats higher than your normal **resting heart rate** take the day off.

Example: Normal pulse is 66; if it gets up to 71+, slow, easy, relaxing run

Normal pulse is 66; if it gets up to 76+, take the day off

Target Heart Rate Training Zones:

	Percentages	Beats Per Minute
Aerobic Recovery Rate	(65- <u>70</u> % Max. Heart Rate)	(140-150 bpm)
Aerobic Conditioning	(75- <u>80</u> % Max. Heart Rate)	(150-160 bpm)
Lactate Threshold	(85- <u>90</u> % Max. Heart Rate)	(170-180 bpm)
Maxium Oxygen Uptake	(90- <u>95</u> % Max. Heart Rate)	(160-170 bpm)
Anaerobic	(<u>95-100</u> % Max. Heart Rate)	(180-190 bpm)

Secrets of a Successful Runner Continued

Breathing & Running Techniques

Breathing:

Full Exhalation – Athlete wants to breathe relaxing the body. The athlete must breath correctly because poor technique, which is normally characterized by shallow exhalation (breathing out), limits the ability of the blood to convey oxygen to the working muscles. Through training the athlete hopes to achieve three things:

1. To steadily improve the cardiovascular system so it operates aerobically (with oxygen) for longer than it did previously.
2. Aim to train the muscles to operate more effectively than they normally would in a semi-aerobic state.
3. The athlete trains so he or she can continue operating anaerobic ally (without oxygen) for longer than is possible in an untrained or semi-trained state.

Shallow Breathing - leaves a residue of carbon dioxide in the lungs and this limits the amount of air that can enter the lungs on the next breath in. This means that the athlete enters an anaerobic (without oxygen) state earlier than necessary.

Correct Breathing - relies on rhythm (A good example is a swimmer's needs for a breathing pattern). It is very important for an athlete to focus on breathing to a Rhythm and Fully Exhaling all the air from the lungs.

Breathing & Stride Patterns:

Like swimming, there are two major rhythms that can be adopted.

1. Bilateral Breathing Pattern – Swimmer uses breaths every third stroke or so.
2. Competitive Breathing Pattern – Swimmer breathes every second stroke and breathes to the same side of body.

Running is very similar to swimming during **Aerobic Conditioning Runs** (Long Runs) the athlete should focus on a *Six Stride Breathing Pattern*. This means the athlete inhales (breathes in) over three strides and exhales (breathes out) during the next three strides. If this is done rhythmically, the athlete will feel relaxed as he or she flows over the ground.

If the athlete is running an **Aerobic Recovery Run** (Easy Runs) due to the low intensity the athlete will need to modify the *Six-Stride Breathing Pattern* to get rid of the residue carbon dioxide on the lower lungs. The athlete needs to fully exhale slowly every few minutes. The slow and fully exhale should take place over four strides.

If the athlete is running at **Lactate Threshold Pace (Workouts / XC Type Racing)** the athlete will need to modify his or her breathing pattern due to the demand of oxygen that this type of run uses. The athlete should continue the *Six-Stride Breathing Pattern* but the exhalation should be more complete. Now the Inhalation may take 2 ½ - 3 strides and the Exhalation may take between 3 – 3 ½ strides.

An athlete who has slipped in to a *Five-Stride Breathing Pattern* (3 exhale strides & 2 inhale strides) has now moved to a zone somewhere between **Lactate Threshold & MVO2Max** type runs.

An athlete who has slipped in to a Four-Stride Breathing Pattern (**MVO2Max** Type Run) if left unregulated the athlete will quickly move to a *Three-Stride Breathing Pattern* to even a *Two-Stride Breathing Pattern*. Once this starts to begin the infamous “Wall” or “Monkey on Back” begins to occur.

If an athlete learns how to regulate his or her breathing they can then delay the movement from one intensity (Zone) to the next. This will keep the heart rates to stay low. If the athlete has the ability to do this during competition then they will be able to run faster at a lower heart rate for a longer period of time. This obviously means the athlete records faster times.

The secret to regulating the breathing is simply being aware of what breathing pattern is being used thus the athlete will have delayed the onset of lactic acid (heavy legs) significantly.

Running Technique:

Proper running technique is very important for any type of runner. Proper running technique conserves energy, motion, and speed making you a faster and more efficient runner. The following is a checklist for proper Running Technique.

The Head

The head should be carried in the same position as when you are sitting in a good posture. Your eyes should be used for looking trying to avoid moving the head in any degree (side to side). Your head is in the correct position if you can see your knees coming up simply by dropping your eye gaze. Your natural line of vision will be toward a point about three meters in the front of you.

The Shoulders

The best runners move forward with very little shoulder sway (side to side motion, which is the cardinal sin of running). Your shoulders should appear slightly rounded (down), not in military attention position (up). It is only in this position where your arms can be fully used. Having relaxed shoulders (down) is also important to have in other sports (golf, boxing, and tennis); it also helps you to have a correct foot plant keeping your feet from turning out.

The Back

The back should be reasonably straight. This may occur naturally or strengthening may be required.

The Arms

The arms should swing naturally in a relaxed manner from your shoulders. Your arms should hang from your shoulders about 3-4 inches from your body. The slower the running pace the more your arms will move across the body as their main function is stability. The faster the pace the more your arms straighten up to move parallel to the hip. “The faster the speed the greater your arm movement will be”, but your hand should never cross the centerline of your body. Proper movement at the elbow will stop shoulder sway and provide extra power to running. You must pull the arms backward to generate any movement of the body.

The Hands

Hold your hands in a loosely clenched position with the thumb resting lightly on the first knuckle joint of the first finger. While running the wrist should never break or flop. This is generally a sign of a tired runner mentally and physically. Your wrists should slightly graze your hips while you are running. As your speed increases your hand should be brought forward at 67 degrees (Thumbs on top of hand), and when moving backward your hand should be at 35-40 degrees to where your palm is almost facing down and then brought back forward to 67 degrees. Remember to keep wrists straight.

The Pelvis

The pelvis must be inclined upwards to allow the upper leg to move upward easily as the leg swings forward. Simply standing still and noting how high you can raise your knee when your pelvis is tilted down, held level, or tilted slightly up will demonstrate this for you. This can only happen if your back is fairly straight. To be straight it has to be strong.

The Legs and Feet

The legs are merely the connection between the upper body and the feet. Correct technique requires you to “feel” for the ground with your foot in exactly the same way as a swimmer feels for the water with his hand during entry. The following points are how the foot operates:

1. All (good) runners at all distances make first contact with the ground on the outside edge of the foot. The foot will then roll inward so it is planted flat directly under the center of gravity or as close to it as possible. This rolling action provides the “shock absorber” effect.
2. The precise point of contact varies with the speed of running. Sprinters contact the ground on the outside edge, high on ball near the joints of the little toe. When running at 800m-1500m paces, the foot is planted on the outer edge of the sole at the metatarsal arch. At the 1500m to marathon pace first contact is by the outside edge of the arch between the heel and the metatarsus i.e., the outer more forward edge of the heel.
3. The foot should land relatively lightly (i.e., with minimal noise).
4. The foot, lower leg and thigh should be swept backwards at the time of landing creating an active striking action.

5. The landing should be as close to the center of mass as possible i.e., as close to under the body in both the longitudinal (head to toe) and transverse (side to side) planes as possible.
6. The landing must avoid the braking effects that accompany a full heel landing caused by an exaggerated forward reach of the foot.

Secrets of a Successful Runner

Strength Training

Weight Training

ARMS

Bicep Curls
Triceps
Bench Press
Dips
Pull Ups

LEGS

Leg Curls
Leg Extensions
Squat 90's
Walking Lunges
Shin Flexions
Calve Raises

OTHER

Lower Back Pull/Row
Upper Back Pull/Row
Incline Sit Ups
AB Routine

Sit Ups / Abdominal Routine

To be done year round 3-5 times a week. Sit Ups can be done for a specific amount of time, or for a certain number of reps. These are listed below in Basic Core Strengthening Exercises.

Basic Core Strengthening Exercises (3 days a week M-W-F)

Push Ups: 2 sets of 25-50
 (Military Style)

ABS Routine: (30-45-60 seconds each)
 Build up every 3-4 weeks

Lower Back:

Superman

Lie on stomach with body straight & lift arms and legs up at the same time arching lower back.

Obliques:

Side Crunches

Lie on side and do a basic crunch using your side (Oblique Muscles)

ABS:

Crunches

Lie on back & bend knees @ 90 degree & do a basic crunch.

Toe Touches

Lie on back with legs straight & reach for toes doing a basic crunch.

Reach Through

Lie on back with knees bent & spread feet on floor then reach for legs toward toes doing a basic crunch.

Leg Cycling

Lie on back with knees bent @ 90 degree & cycle (Biking) knees & elbow to opposite knee.

Straight Leg Circles

Lie on back and hold legs straight out, circle RIGHT popping up on shoulder blades & lay back down.

Then circle LEFT popping up on shoulder blades & lay back down.

Repeat this Cycle 10-15 each direction)

Hip Flexors:

2 sets of 25 reps

Stand tall with arms extended against a wall or pole. Focus is to use your Hip Flexors Only!

1. Donkey Kicks: Drive knees to chest then straight back

2. Cycles: Knees @ 90 Degree & cycle forward & backward (Hurdling) using hips only

3. Fire Hydrant: Knees @ 90 Degree & lift knee up and down using hips only

Walking Lunges:

2 sets of 50m reps

Walk and lift knee up to hip level then reach out to lower body down touching opposite knee lightly to the ground. Focus on keeping working knee/shin straight & upper body straight. Then do the same with other leg/knee. Again, when lowering down to the ground keep body & shin straight up & down keeping pressure off knee being worked).

Toe Raises:

2 sets of 50 reps

Find a step to stand on so your heels can hang down and get a good stretch. Work both achilles/calves while standing tall on the step. To start lift achilles/calves slowly up and back down.

Shin Flexions:

2 sets of 50 reps

Find a wall and stand tall with back against the wall. Move feet out slightly so they are just in front of hips. Then lift toes up and hold in a flexion / up then back down.

Secrets of a Successful Runner

Nutrition

Important Information:

- A. Eat at least three times a day with some snacking (healthy) during the day in between meals.
- B. Your appetite will increase as your workload increases so be expecting it-it is natural.
- C. Drink 100% Juice or Water with each meal 64 Ounces or more of water is needed daily.
- D. Eat **HEALTHY!** You need to eat because it restores the nutrients in your body.
- E. Take a multivitamin to keep a good balance of nutrients in your body.
- F. Female runners need to be aware that their iron and calcium intake is adequate.

Healthy Eating Habits:

Breakfast: Choices 1-6

- 1. Bowl of Oatmeal, fruit, glass of low fat milk
- 2. Cottage cheese with fruit
- 3. Bagel with low fat cream cheese, glass of low fat milk
- 4. Bowl of Cereal: Healthy (Total, Wheaties, Cheerios, Grape-Nuts Etc.) with fruit
- 5. 3 Eggs, Whole Wheat toast, fruit, glass of low fat milk
- 6. Pancakes, 2 Eggs, glass of orange juice, glass of low fat milk

Snack: nutri grain bar, piece of fruit, energy or protein bar

Lunch: Choices 1-6

- 1. Turkey sandwich on wheat, salad or fruit, low fat milk
- 2. Tuna sandwich on whole wheat bread, salad, low fat milk
- 3. Chicken Breast, small salad, glass of low fat milk or water
- 4. Peanut Butter and Jelly sandwich on whole wheat bread, low fat milk
- 5. Roast Beef sandwich, on whole wheat bread, salad & water
- 6. Pasta (Chicken), salad, whole wheat bread, & water

Snack: Piece of fruit, or yogurt with fruit & low fat milk

Dinner: Choices 1-6

- 1. Salmon, brown rice, salad & glass of low fat milk or 100% juice
- 2. Baked chicken, potatoes, salad, low fat milk or 100% juice
- 3. Turkey, brown rice, salad, low fat milk or 100% juice
- 4. Steak, potatoes, vegetables, low fat milk, or 100% juice
- 5. Spaghetti with ground beef, salad, whole wheat bread, 100% juice
- 6. Beef Taco's & low fat milk, or 100% juice

These are just some ideas of meals to use for eating. Remember the main goal is just to EAT! HEALTHY!

Secrets of a Successful Runner

Training Tips

Pre-Workout:

1. **Hydrate** properly 1-2 hours before workout.
2. Warm up about 1-3 miles progressive (increasing pace) warm up
3. Stretching, Circulations, Form Drills, Hurdle Drills, Plyometrics

During Workout:

1. Vary your running terrain and atmosphere to keep your training fresh and fun.
2. Stay out of the summer heat, and run in the morning or at dusk when it is cooler "Be Safe"!
3. If your run will last longer than 45 minutes then take an energy bar or sports drink to restore nutrients.
4. Wear proper dress apparel:

In hot weather wear light colored clothing, and make sure your body can perspire through it.

In cold weather layered clothing, gloves, stocking hat/cap, and tights.

Post Workout:

1. Cool down about 1-3 mile (decreasing pace), 4 x 100m strides (on grass).
2. Eat some carbohydrates & protein to help with nutrient and muscle recovery.
3. Drink water or gatorade to replenish the fluids and electrolytes lost during workout.
4. Drink 8-12 ounces of chocolate milk when recovered. This will help the muscles recover from the lactate acid.

Miscellaneous:

1. Adequate sleep is crucial to your training, 8-10 7 days a week.
2. Enter some type of competitive race every 3-4 weeks to keep your training fun.
3. Add some hills in your runs to help build power and lower body strength. "Don't over do it"
4. Be consistent and creative with your runs making them fun.
5. Set short and long term goals (summer, fall, winter, and spring).

6. If you have two pairs of running shoes alternate them daily, if you don't just be sure to vary your running terrain (grass, road, dirt, track etc.). This will help to keep from shin splints and stress fractures etc.

Practice Routine

Aerobic Warm Up

2-3 miles of progressive warm up

Active Warm Up

Jog Forward / Backward
 Arm Swings (Skipping)
 Arm Circles Forward / Backward (Skipping)
 Trunk Twist (Skipping)
 Leg Extensions (Skipping)
 Lateral Jacks
 High Knee
 Butt Kicks
 Straight Leg Toe Taps
 Toe Walk
 Heel Walk

Dynamic Stretch

Transverse or
 Hamstring / Quad Walk
 IT-Band Walk (Squat or Pull)
 Hamstring Sweeps
 Backward Hamstring Kicks
 Forward Lunge (Reach)
 Backward Lunge (Twist)
 Side Lunge (Side to Side)
 Inchworm /Reverse Calf

Stationary (Standing) or
 Neck Stretches
 Arm Twists
 Horizontal Arms/Chest Flaps
 Horizontal Trunk Twist
 Hip Circles
 Knee Rolls
 Ankle Rolls

Stationary (Grounding)
 Knee Pumps / Hamstring
 Hip Swings
 Hip Circles Forward / Backward
 Crossovers Front & Back
 IT-Band s
 High Hips: Knee Drives
 Scissor Kicks
 Split Kicks
 Pop Up's Hurdle & Groin Stretch
 Reverse Calf

Form Drills or

A-Skip
 B-Skip
 Combo's
 Carioca
 Quick 90's

Hurdle Drills or

Walk Through
 Over & Under
 Cancan

Plyometrics
 2 x 50m Lunges
 Step Ups (1minute on each leg)
 Bounding (On Grass)

Leg Circulations

Leg Swings Front / Back
 Side to Side
 Hip Hurdles
 Knee Circles
 Knee Massage
 Ankle Circles

Workout

Event Specific Training in Training Journal

Cool Down

Easy Run / Barefoot on Grass

Stretch

Power / Partner Stretch

Race Prep Routine Below

- **Aerobic Warm Up**
 - 8-10 minutes

- **Active Warm Up**
 - Jog Forward / Backward
 - Arm Swings (Skipping)
 - Arm Circles Forward / Backward (Skipping)
 - Trunk Twist (Skipping)
 - Leg Extensions (Skipping)
 - Lateral Jacks
 - High Knee
 - Butt Kicks
 - Straight Leg Toe Taps
 - Toe Walk
 - Heel Walk

- **Dynamic Stretch**
 - Hamstring / Quad Walk
 - IT-Band (Squat or Pull)
 - Hamstring Sweeps
 - Backward Hamstring Kicks
 - Forward Lunge (Reach)
 - Backward Lunge (Twist)
 - Side Lunge (Side to Side)
 - Inchworm /Reverse Calf

- **Form Drills**
 - A-Skip
 - B-Skip
 - Combo's
 - Carioca
 - Quick 90's

- **Leg Circulations**
 - Leg Swings Front / Back
 - Side to Side
 - Hip Hurdles
 - Knee Circles
 - Knee Massage
 - Ankle Circles

- **Workout**
 - 5 Laps of jog the curves & accelerate the straights.

- **Aerobic Cool Down**
 - 8-10 minutes

Stretch

Power / Partner Stretch

Strength & Core Training Below

(Do these to build strong core at home)

Strength Training (Weights) 15-20-25 reps with light weight & adaptation 3-4 weeks.

- Biceps Curls
- Triceps Pulls
- Bench Press
- Upper Back Pulls
- Sit Ups
- Lower Back Extensions
- IT Band & Hip Flexor Pulls
- Quad Extensions
- Hamstring Curls
- Squat Press
- Calf Raises
- Shin Curls

Core Routine (Abs) 30-45-60 seconds

- Crunches:
 - Regular
 - Toe Touches
 - Push Through
 - Sides (Oblique's)
 - Left Knee to Right Elbow
 - Right Knee to Left Elbow
- Rockets

- Planks:
- On Elbows/Push-Up Position
- Right Side
- Left Side

Hydro Therapy (Pool Routine)

5-8 minute Freestyle Swim:

Stretches:

- Arms
- Hamstrings
- Quadriceps
- IT-Band/Hip Flexors
- Calf/Achilles

2-3 Sets of 8-10 minutes of:

- a. Shallow to Deep Water Running
- b. Deep Water Running (Aqua Jogger)

