

Interlake XC Warmup

Part 1: A Quick, Easy Jog

*Run for about 5 min at a very easy pace.

Part 2: Stretching

*Hold each stretch for 10 normal breaths (at least 30 seconds)

1. Down the Middle
2. To the Right
3. To the Left
4. Quad Stretch (both sides)
5. UCLA (both sides)
6. Butt Stretch (both sides)
7. Downward Dog
8. Upward Dog
9. Hip Stretch + arms (both sides)
10. Child's Pose

Part 3: Abs

*30 sec each, except for Plank

1. Crunches
2. Crossovers
3. Crossovers, other side
4. Jackknives
5. Penguins
6. Jackknives, other side
7. Circles
8. Circles, other direction
9. Bicycles
10. Low Plank (60 sec)

Part 4: Seal Stretch & Push-ups

Do at least 10 pushups. Quality over quantity but try to spend about 5 minutes

Part 5: Myrtles OR Lunges

*Alternate daily between doing myrtles and lunges

Myrtles:

1. Clamshells
2. Leg lifts
3. Circles
4. Fire Hydrants
5. Scorpions

Lunges, 10 on each side:

1. Forward
2. Forward w/ twist
3. Side
4. Backward
5. Backward 45

Part 6: Drills

*Move about 20 meters for each. Arms are stationary and buildups are ~100 meters.

1. Arms
2. Knee Hugs
3. High Knee Skips
4. High Knees
5. Butt Kicks
6. Backwards
7. Shaggies/heel walks
8. Bounds
9. Qi Stretch
10. Build-ups