

COUGAR CROSS COUNTRY

2011 SUMMER TRAINING SCHEDULE

***SIGN UP FOR THE MORAGA 4TH OF JULY RACE! GO TO www.campotrack.com FOR INSTRUCTIONS!**

NOTE CIRCUIT TRAINING #1, #2 & #3 FOR TUESDAY, THURSDAY & SATURDAY SESSIONS:

CIRCUIT TRAINING #1

CIRCUIT #1

100m jog between each:

1-eagles, on chest, heel to hand

2-eagles, on back, toe to hand

3-side leg raises, toe twists

4-abductor resistance half squat circles (push knees out)

5-scoops

6-hands & knees scorpions

7-push ups

8-low reach crunch

9-hands & knees hydrants

10-adductor resistance half squat circles (push knees in)

11-opposite arm/leg raises, on chest

12-alternate reach crunch

13-full squats

14-planks (forearms & toes)

CIRCUIT TRAINING #2

CIRCUIT #2

100m jog between each:

1-hip/trunk rotations, on back, shldrs flat

2-spider push ups

3-pistons, "h" position to full extension

4-side clams

5-hands & knees bird dogs

6-side crunches

7-lunges (forward in place)

8-chest lifts

9-hurdle position leg lifts

10-thrusts

11-wave squats

12-suitcases

13-mountain climbers

14-planks with raised arm/leg

CIRCUIT TRAINING #3

CIRCUIT #3

100m jog between each:

1-eagles, on chest, heel to hand

2-eagles, on back, toe to hand

3-arm stand, side leg raises, toe twists

4-arm/leg scissors, on chest

5-burpees (push up, jump up)

6-v-ups

7-forearm stand bent leg raises

8-sitting bicycle

9-speed skater squats

10-oscillating heel reach

11-elbow stand bent leg raises

12-legs up arm crawl

13-push up position bird dogs

14-russian twists