



Westside Track & Field Pre-Season Workout
Sprinters, Mid, Distance & Jumpers

November: Gradual Endurance & Core Strength & Hit Muscle Strength

Saturday & Sunday are REST Days

Mondays & Wednesday

10-15 min jog
100 reg. crunches
100 sit ups
30 sec. plank
25 push-ups
10 striders in grass

Tuesday & Thursday

10-15 min jog
100 reg. crunches
100 sit ups
30 sec plank
25 push-ups
25 per leg Fire Hydrant Hip Exercise

Fridays

FARTLEK 10 minutes (non-stop) 1 min@ fast pace, 2 min @ a recovery pace
2x Chinese squats driveway length (Quads)
4x lunges driveway length (Quad & Hamstring)
25 ankle raises (Shins) & 25 calf raises (Shins)
4x toe walk driveway length (Shins)
100 Bicycle Crunch (Core)
100 Toe Touch Crunch (Core)
100 Reverse Crunch (Core)
100 Sit Ups (Lower Core)
100 Heel Touch Crunch (Core)
25 Glute Bridge Exercise (Hamstrings)
25 per leg Donkey Kicks

December: Take It Up a Notch with Continued Endurance & Small Muscle Strength

Saturday & Sunday are REST Days

Mondays & Wednesday

Warm-up
Stretch
Plyometrics
30 striders
50 push ups
100 sit-ups
50 Chinese Squats
200 Crunches of choice
1 min plank
25 ankle raises & 25 calf raises

Tuesday & Thursday

Warm-Up
Stretch
15 min run @ leisure pace
200 Crunches of choice
50 push ups
100 sit ups
10 strong hills
1 min plank
25 per leg Fire Hydrant Hip Exercise

Fridays

Same as the month of November

PLEASE NOTE:

PLYOMETRIC (explosive strength) EXERCISES EXAMPLES: Box Jumps, Burpees, Reverse Lunge Knee-Ups, Broad Jumps, Skater Jumps, Dot Jumps

Warm-Up: 10-15 min jog

Striders: should not be done at a fast pace, it should be a long step motion

Crunches will help you strengthen your core to get through a race

These workouts should be done in a quality fashion to prevent injury before and during the season. So, don't rush them!!!

**If you are just completing Cross Country Season, you should continue your distance program until January— at least 3 miles a day, 4 days a week. Make sure to include the above endurance and core exercises.