

NAME MASTER

ISU Cross Country 2020, Summer I

Power Clean	#REF!	Back Squat	#REF!
Front Squat	#REF!	Bench Press	#REF!
Vertical Jump	#REF!	20 yd Sprint	#REF!



Illinois State University Sports Performance

Day 1	6/29/2020	7/6/2020	7/13/2020	7/20/2020	Day 2	7/1/2020	7/8/2020	7/15/2020	7/22/2020					
Total Body Warm Up: x5/side or 10 total Hip Rolls, Reverse Scorpions, ASLR, Roll Back + Straddle, Hip Bridge, Scap Push Ups BW Squats, Quad + Reach, Calf & Hamstring Scoop, Standing Knee Hug, Standing Glute Hug Lateral Lunge, Spiderman + Twist, Inchworm					Total Body Warm Up: x10 each Hip Rolls, Reverse Scorpions, ASLR, Roll Back + Straddle, Hip Bridge, Scap Push Ups BW Squats, Quad + Reach, Calf & Hamstring Scoop, Standing Knee Hug, Standing Glute Hug Lateral Lunge, Spiderman + Twist, Inchworm									
Goblet Squat <i>*Hold a heavy backpack if no DBs</i>	Warm Up: 10lb Counter Balance x 10 reps				DB Step Ups <i>*reps are per leg</i> <i>*Hold a heavy backpack if no DBs</i>	Warm Up Bodyweight x 5/leg								
	Warm Up: Gob Squat x 5 (10-25lbs)													
	6 x	6 x	6 x	6 x		6 x	6 x	6 x	6 x					
	6 x	6 x	6 x	6 x		6 x	6 x	6 x	6 x					
	6 x	6 x	6 x	6 x		6 x	6 x	6 x	6 x					
Front Plank	3 x 30 sec				Side Plank	3 x 30 sec/side								
DB Bench Press <i>*Can do Push Ups if no access to DBs</i>	Warm Up: x 10 reps				Push Ups	Warm Up: Hands Elevated x 10 reps								
	6 x	6 x	6 x	6 x		6 x	6 x	6 x	6 x					
	6 x	6 x	6 x	6 x		6 x	6 x	6 x	6 x					
	6 x	6 x	6 x	6 x		6 x	6 x	6 x	6 x					
		6 x	6 x	6 x			6 x	6 x	6 x					
Inverted Row	8 x	8 x	8 x	8 x	Chin Ups	4 x	4 x	4 x	4 x					
	8 x	8 x	8 x	8 x		4 x	4 x	4 x	4 x					
	8 x	8 x	8 x	8 x		4 x	4 x	4 x	4 x					
		8 x	8 x	8 x			4 x	4 x	4 x					
Pallof Press	3 x 10/side				Pallof Press Holds	3 x 20 sec/side								
SL Squat (5lb plates) <i>*Foot elevated</i> <i>*reps are per leg</i>	5 x	5 x	5 x	5 x	BW Lateral Lunge <i>*reps are per leg</i>	6 x	6 x	6 x	6 x					
	5 x	5 x	5 x	5 x		6 x	6 x	6 x	6 x					
	5 x	5 x	5 x	5 x		6 x	6 x	6 x	6 x					
	10 x	10 x	10 x	10 x		10 x	10 x	10 x	10 x					
DB RDL	10 x	10 x	10 x	10 x	Back Extensions	10 x	10 x	10 x	10 x					
	10 x	10 x	10 x	10 x		10 x	10 x	10 x	10 x					
Push Up Pos. Shoulder Taps	3 x 20				Hanging Knee Raise	3 x 15								
Mobility: Tennis Ball/Lacrosse Ball Roll Feet Passive Band Stretch - Hamstrings, Glute, Outer Hip, Groin, Quad Passive Stretch: Hip Flexor, Thoracic Spine (Butterfly)					Mobility: Tennis Ball/Lacrosse Ball Roll Feet Passive Band Stretch - Hamstrings, Glute, Outer Hip, Groin, Quad Passive Stretch: Hip Flexor, Thoracic Spine (Butterfly)									

Coach's Notes

