La Serna XC Warm-Up

Skips-

- Low Skips with arms swinging forward
- Low skips with arms swinging back
- Low skips with arms crossing
- Skip with twist
- Backward walk with a reach
- Backward skip
- Butt kicks
- High Knees
- Side shuffle - down and back
- Side shuffle with jumping jack - down and back
- Carioca- down and back
- Quick skip - single leg left
- Quick skip - single leg right
- Quick skip - alternating leg

Leg Swings

- Forward-Backward x10
- Side to Side x 10
- Hurdle trail leg forward x 10
- Hurdle trail leg backward x 10
- Eagles x 10
- Side Bends x 10

Table Position

- Cat-cow x 5
- Cat-cobra x 5
- Reach through and reach up x 8 each side
- Fire Hydrant x 8 each side
- Donkey kick x 8 each side
- Low whips 8 each side

Speed Drills

- A-march
- A-skip
- B-march
- B-skip
- Ankle Dribbles (walk back) x 2