

Davison Cross Country

Warmup #1 (Run Day)

The following warm-up sequence is adapted from Jeff Boele's warm-up routine for high school runners (see <https://www.youtube.com/watch?v=A2fjKdELeI4> for more information). The full sequence should take 12-15 minutes when performed correctly. Warmup #2 (on the next page) is done before workouts.

We perform this routine every day before running to prevent injury, stimulate muscle and neural development, and maintain good form and posture. Focus on good form and breathe as you go through these. You are working on improving your form by performing these exercises correctly. You are also strengthening areas of your body that are weaker (strengthening the chassis) and getting your body ready for the run that you are going to complete. You want to do this on every run, regardless of whether you are with the team or not.

As soon as you finish this routine, you will begin your run. We start right away so that you are extending the aerobic stimulus. You will want to go to the bathroom, get a drink, etc., before beginning this routine. If we warm up for 12 minutes, go for a 30 minute run, and then 15 minute post run work, this turns into 57 minutes of an aerobic stimulus if done back to back to back (12 + 30 + 15) instead of just 30 minutes from the run.

Movement (20 meters)

Low skips with arms swinging forward

Low skips with arms swinging back

Low skips with arms crossing

Skips with a twist (360 rotation - rotate one to the right and the next twist to the left, etc.)

Backward walk with reach

Backward skip

Butt kicks

*** Focus on doing these exercises correctly with your toe dorsiflexed (pointed up)

Mobility/Flexibility (Move to a fence, wall, goal post, etc. Complete each 10 times on each side.)

Leg swing, side to side

Leg swing, front to back

Side bends - L/R

Camel/Old horse

Cat/Cobra

Reach under/up

Fire hydrant

Donkey kick

Low whips



Davison Cross Country

Warmup #2 (Workout Day)

The following warm-up sequence is adapted from Jeff Boele's warm-up routine for high school runners (see <https://www.youtube.com/watch?v=A2fjKdELeI4> for more information). The full sequence should take 12-15 minutes when performed correctly. Warmup #1 (on the previous page) is done before distance runs.

We perform this routine before workouts to prevent injury, stimulate muscle and neural development, and maintain good form and posture. Focus on good form and breathe as you go through these. You are working on improving your form by performing these exercises correctly. You are also strengthening areas of your body that are weaker (strengthening the chassis) and getting your body ready for the workout that you are going to complete. Focus on doing these exercises correctly with your toe dorsiflexed (pointed up).

Movement (20 meters)

Low skips with arms swinging forward
Low skips with arms swinging back
Low skips with arms crossing
Skip with a twist (360°)
Backward walk with a reach
Backward skip
Butt kicks
Side shuffling - down and back
Side shuffle w/jumping jack - down and back
Carioca - down and back
Quick skip - single leg left
Quick skip - single leg right
Quick skip - alternating leg

Mobility/Flexibility

Move to fence
Leg swing, side to side x 10 each side
Leg swing, front to back x 10
Side bends - L/R x 10 each side
Hurdle trail leg forward x 10 each side
Hurdle trail leg backward x 10 each side
Eagles x 10 each side

Move to ground

Cat-cow (camel-old horse) x 5 cycles
Cat-cobra x 5 cycles
Reach through and reach up x 8 each side
Fire Hydrant x 8 each side
Donkey kick x 8 each side
Low whips x 8 each side

Sprint Mechanics

A-march
A-skip
B-march
B-skip
Dribbles (walk back)
Dribbles a second time (walk back)

Strides

2 x 100m (20 seconds) at 5k rhythm
2 x 150m In-n-Out with the middle 50m at 800m rhythm
A few more strides 100m strides to replicate the workout pace are optional.



Davison Cross Country

Warmup #3 (Pre-Race Day)

The following warm-up sequence is adapted from Jeff Boele's warm-up routine for high school runners (see <https://www.youtube.com/watch?v=A2fjKdELeI4> for more information). The full sequence should take 12-15 minutes when performed correctly.

We perform this routine before workouts to prevent injury, stimulate muscle and neural development, and maintain good form and posture. Focus on good form and breathe as you go through these. You are working on improving your form by performing these exercises correctly. You are also strengthening areas of your body that are weaker (strengthening the chassis) and getting your body ready for the workout that you are going to complete. Focus on doing these exercises correctly with your toe dorsiflexed (pointed up).

Movement (20 meters)

Low skips with arms swinging forward
Low skips with arms swinging back
Low skips with arms crossing
Skip with a twist (360°)
Backward walk with a reach
Backward skip
Butt kicks
Side shuffling - down and back
Side shuffle w/jumping jack - down and back
Carioca - down and back
Quick skip - single leg left
Quick skip - single leg right
Quick skip - alternating leg

Mobility/Flexibility

Move to fence
Leg swing, side to side x 10 each side
Leg swing, front to back x 10
Side bends - L/R x 10 each side
Hurdle trail leg forward x 10 each side
Hurdle trail leg backward x 10 each side
Eagles x 10 each side

Move to ground
Cat-cow (camel-old horse) x 5 cycles
Cat-cobra x 5 cycles
Reach through and reach up x 8 each side
Fire Hydrant x 8 each side
Donkey kick x 8 each side
Low whips x 8 each side

Sprint Mechanics

A-march
A-skip
B-march
B-skip
Dribbles (walk back)
Dribbles a second time (walk back)

Run For the Day

Strides

2 x 100m (20 seconds) at 5k rhythm
2 x 150m In-n-Out with the middle 50m at 800m rhythm
2 x 300-500 race start simulations.



Davison Cross Country

Warmup #4 (Race Day)

The following warm-up sequence is adapted from Jeff Boele's warm-up routine for high school runners (see <https://www.youtube.com/watch?v=A2fjKdELeI4> for more information). We perform this routine before races because this is what your body has become accustomed to. You have been doing a version of this warmup on all of your runs since the beginning of summer conditioning and have been doing the full warmup before every workout. This is what your body wants you to do to be ready to race.

Movement (20 meters)

Low skips with arms swinging forward
Low skips with arms swinging back
Low skips with arms crossing
Skip with a twist (360°)
Backward walk with a reach
Backward skip
Butt kicks
Side shuffling - down and back
Side shuffle w/jumping jack - down and back
Carioca - down and back
Quick skip - single leg left
Quick skip - single leg right
Quick skip - alternating leg

Mobility/Flexibility

Move to fence
Leg swing, side to side x 10 each side
Leg swing, front to back x 10
Side bends - L/R x 10 each side
Hurdle trail leg forward x 10 each side
Hurdle trail leg backward x 10 each side
Eagles x 10 each side

Move to ground
Cat-cow (camel-old horse) x 5 cycles
Cat-cobra x 5 cycles
Reach through and reach up x 8 each side
Fire Hydrant x 8 each side
Donkey kick x 8 each side
Low whips x 8 each side

Sprint Mechanics

A-march
A-skip
B-march
B-skip
Dribbles (walk back)
Dribbles a second time (walk back)

Run Parts of The Course

Run 1600-2400m of the course

Strides

2 x 100m (20 seconds) at 5k rhythm
2 x 150m In-n-Out w/ the middle 50m at 800m rhythm
400m race pace run out (walk back to start)
2-3 x 100m (20 seconds) at the pace you want to run with 400m/800m to go.



Davison Cross Country

Post-run Work - Red Easy

Red Progression - Pre-Run and Post-Run

Red Progression - Easy Day

Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

1. Low skips with arms swinging forward
2. Low skips with arms swinging back
3. Low skips with arms crossing
4. Skip with a twist (360°)
5. Backward walk with a reach
6. Backward skip
7. Butt kicks
8. Side shuffling - down and back
9. Side shuffle w/jumping jack - down and back
10. Carioca - down and back
11. Quick skip - single leg left
12. Quick skip - single leg right
13. Quick skip - alternating leg

Move to fence

1. Forward-backward x 10
2. Side to side x 10
3. Hurdle trail leg forward x 10
4. Hurdle trail leg backward x 10
5. Eagles x 10
6. Side bends x 10

Move to ground

1. Cat-cow (camel-old horse) x 5 cycles
2. Cat-cobra x 5 cycles
3. Reach through and reach up x 8 each side
4. Fire Hydrant x 8 each side
5. Donkey kick x 8 each side
6. Low whips x 8 each side

Go to track/parking lot/field for Sprint Mechanics

Sprint Mechanics

1. A-march
 2. A-skip
 3. B-march
 4. B-skip
 5. Dribbles (walk back)
 6. Dribbles a second time (walk back)
- (Note: if you can't do the dribbles, you can practice by walking them.)

Post-Run

Big 5

1. 5 push-ups, followed by 5 body squats
 2. 4 push-ups, followed by 4 body squats.
- Repeat 3/2, 2/2, 1/1.

General Strength and Mobility (YouTube video - see SAM Phase 1 Easy for most of this)

1. Prone Plank x 10 sec
2. Side Plank x 10 sec
3. Prone Plank x 10 sec
4. Double Hip Bridge x 6
5. Clams x 5
6. Reverse Clams x 5
7. Reverse Air Clams x 5
8. Lateral Leg Raise x 6 (toes in, neutral, and out)
9. Donkey Kicks x 8
10. Donkey Whips x 8
11. Fire Hydrants x 8
12. Knee Circles Forward x 8
13. Knee Circles Backward x 8
14. Cat-Cow x 5 cycles

Now hydrate and fuel!

Davison Cross Country

Post-run Work - Red Hard

Red Progression - Pre-Run and Post-Run

Red Progression - Hard Day

Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

Post-Run

Lunge Matrix (YouTube video)

1. Forward Lunge x 10 (5 each side)
2. Forward Lunge with Twist x 10 (5 each side)
3. Side Lunge x 10 (5 each side)
4. Back and to the Side Lunge x 10 (5each side)
5. Backward Lunge x 10 (5 each side)

General Strength and Mobility (YouTube video
- see SAM Phase 1 Easy for most of this)

Barefoot #1 Routine (Jeff Boelé video)

This can be done on grass/turf/sand. Don't do it on the track at this time. Today, go 6-8 meters on all of these.

1. Forward walk
2. Backward walk
3. Toes in walk
4. Toes out walk
5. Outside of foot walk
6. Inside of foot walk
7. Heel Walk

Great Day!
Now hydrate and fuel!

Davison Cross Country

Post-run Work - Orange Easy

Orange Progression - Pre-Run and Post-Run

Orange Progression Easy Day - Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

1. Low skips with arms swinging forward
2. Low skips with arms swinging back
3. Low skips with arms crossing
4. Skip with a twist (360°)
5. Backward walk with a reach
6. Backward skip
7. Butt kicks
8. Side shuffling - down and back
9. Side shuffle w/jumping jack - down and back
10. Carioca - down and back
11. Quick skip - single leg left
12. Quick skip - single leg right
13. Quick skip - alternating leg

Move to fence

1. Forward-backward x 10
2. Side to side x 10
3. Hurdle trail leg forward x 10
4. Hurdle trail leg backward x 10
5. Eagles x 10
6. Side bends x 10

Move to ground

1. Cat-cow (camel-old horse) x 5 cycles
2. Cat-cobra x 5 cycles
3. Reach through and reach up x 8 each side
4. Fire Hydrant x 8 each side
5. Donkey kick x 8 each side
6. Low whips x 8 each side

Go to track/parking lot/field for Sprint Mechanics

1. A-march
2. A-skip
3. B-march
4. B-skip
5. Dribbles (walk back)
6. Dribbles a second time (walk back)

Post-Run - go right into this

Lunge Matrix (YouTube video)

1. Forward Lunge x 10 (5 each side)
2. Forward Lunge with Twist x 10 (5 each side)
3. Side Lunge x 10 (5 each side)
4. Back and to the Side Lunge x 10 (5 each side)
5. Backward Lunge x 10 (5 each side)

Jeff Boelé Multi-Directional Cool-down

Do these for 20 meters

1. Backward jog
2. Forward skip
3. Backward skip
4. Backward skip with twist
5. Side jump jacks - L/R
6. Side slide - L/R

Do these for 10 meters

1. Forward single leg hop - L/R
2. Backward single leg hop - L/R
3. Forward double leg hop
4. Backward double leg hop
5. Crouched Walk - forward/backward

General Strength and Mobility (YouTube video - see SAM Phase 2 Easy for most of this)

1. Prone Plank x 20 sec
2. Side Plank x 20 sec
3. Supine Plank x 10 sec
4. Single Leg Bridge x 6
5. Clams x 8
6. Reverse Clams x 8
7. Reverse Air Clams x 8
8. Lateral Leg Raise x 8 (toes in, neutral, and out)
9. Donkey Kicks x 8
10. Donkey Whips x 8
11. Fire Hydrants x 8
12. Knee Circles Forward x 8
13. Knee Circles Backward x 8
14. Lower Body Crawl x 10
15. Iron Cross x 10
16. Australian Crawl x 10
17. Iron Cross x 10
18. Groiners x 20
19. Cat-Cow x 5 cycles

Now hydrate and fuel!

Davison Cross Country

Post-run Work - Orange Hard

Orange Progression - Pre-Run and Post-Run

Hard Day - Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

Post-Run

NOTE: Go right into this work form the workout or long run!

Lower body circuit - go through this with little or no breaks between the exercises

1. Wide Outs x 10
2. Mountain Climbers - Singles In x 10
3. Wave Lunge x 10
4. Mountain Climbers - Singles Out x 10
5. Front Lunge x 10 (5 each side)
6. Front Lunge with twist x 10 (5 each side)
7. Side (lateral) Lunge x 10 (5 each side)
8. Back and to the side Lunge x 10 (5 each side)
9. Backwards Lunge x 10 (5 each side)

Now go immediately into Core X - 30 seconds for each exercises, no breaks.

1. Running V-Sits
2. Australian Crawl
3. V-Sit Flutter Kicks
4. Side Plank Leg Lift
5. Supine Plank
6. Side Plank Leg Lift (other side)
7. Superman
8. Push-up to Side Plank
9. V-Sit Scissor Kicks
10. Rockies

Now you can get a bit of water and take a 60-90 second break.

General Strength and Mobility (YouTube video - see SAM Phase 2 Hard, the middle part of the video to the end of the video for most of this)

1. Bird Dog x 5
2. Clams x 8
3. Reverse Clams x 8
4. Reverse Air Clams x 8
5. Lateral Leg Raise x 8 (toes in, neutral, and out)
6. Donkey Kicks x 8
7. Donkey Whips x 8
8. Fire Hydrants x 8
9. Knee Circles Forward x 8
10. Knee Circles Backward x 8
11. Iron Cross x 10
12. Groiners x 20
13. Iron Cross x 10
14. Cat-Cow x 5 cycles

Barefoot #1 Routine (Jeff Boelé video)

This can be done on grass/turf/sand. Don't do it on the track at this time. Today, go 6-8 meters on all of these.

1. Forward walk
2. Backward walk
3. Toes in walk
4. Toes out walk
5. Outside of foot walk
6. Inside of foot walk
7. Heel Walk

Barefoot #3 Routine x 0.5 (Jeff Boelé video)

1. Straight leg, spell alphabet - L/R
2. Toe grab - pull forward with toes and move forward x 10
3. Squatting calf raises - in 90° squat position, then raise heels x 5
4. Side foot half raises - L/R, on lateral side of foot x 5 each foot
5. Everted to squat - toes pointed out, on toes, squat x 5m
6. Toe Lunge Walk - lunge while staying on toes x 5m

Davison Cross Country

Post-run Work - Yellow Easy

Yellow Progression - Pre-Run and Post-Run

Yellow Progression Easy Day - Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

1. Low skips with arms swinging forward
2. Low skips with arms swinging back
3. Low skips with arms crossing
4. Skip with a twist (360°)
5. Backward walk with a reach
6. Backward skip
7. Butt kicks
8. Side shuffling - down and back
9. Side shuffle w/jumping jack - down and back
10. Carioca - down and back
11. Quick skip - single leg left
12. Quick skip - single leg right
13. Quick skip - alternating leg

Move to fence

1. Forward-backward x 10
2. Side to side x 10
3. Hurdle trail leg forward x 10
4. Hurdle trail leg backward x 10
5. Eagles x 10
6. Side bends x 10

Move to ground

1. Cat-cow (camel-old horse) x 5 cycles
2. Cat-cobra x 5 cycles
3. Reach through and reach up x 8 each side
4. Fire Hydrant x 8 each side
5. Donkey kick x 8 each side
6. Low whips x 8 each side

Go to track/parking lot/field for Sprint Mechanics

1. A-march
2. A-skip
3. B-march
4. B-skip
5. Dribbles (walk back)
6. Dribbles a second time (walk back)

Post-Run - go right into this

Lunge Matrix (YouTube video)

1. Forward Lunge x 10 (5 each side)
2. Forward Lunge with Twist x 10 (5 each side)
3. Side Lunge x 10 (5 each side)
4. Back and to the Side Lunge x 10 (5 each side)
5. Backward Lunge x 10 (5 each side)

Jeff Multi-Directional Cool Down - exercises for 20m and then 10m

1. Backward jog
2. Forward skip
3. Backward skip
4. Backward skip w/twist
5. Side jump jacks - L/R
6. Side slide - L/R

The following are done for 10m

1. Forward single-leg hop - L/R
2. Backward single-leg hop - L/R
3. Forward double-leg hop
4. Backward double-leg hop
5. Crouched walk - forward/backward

General Strength and Mobility (YouTube video - see SAM Phase 2 Easy for most of this)

1. Prone Plank - 30 sec
2. Side Plank - 20 sec
3. Supine Plank - 20 sec
4. Plank with Arm Extension x 5
5. Side Plank with Arm Rotation x 5
6. Supine Plank with Alternate Leg Lifts x 5
7. Plank Forward and Back x 10
8. V-Sit Alternating Bent Knee x 5
9. Squat with Arm Extensions x 10
10. Double Hip Bridge x 10
11. Clams x 8
12. Lateral Leg Raise x 8 (toes in, neutral, and out)
13. Leg Extensions: Forward and Back x 5
(forward, back = 1 rep)
14. Leg Extension at 45°: Forward and Back x 5
(forward, back = 1 rep)
15. Iron Cross x 10
16. Knee to Chest Extension x 5
17. Leg Raise to 90° with Bent Knee x 5
19. Groiners x 10
20. Fire Hydrants x 10
21. Knee Circles Forward x 5
22. Knee Circles Backward x 5
23. Bent Knee Leg Extension x 5
24. In and Out Leg Extension with Bent Knee x 5
25. Y Pullover x 5
26. Straight Pullover x 5

Now hydrate and fuel!

Davison Cross Country

Post-run Work - Yellow Hard

Yellow Progression - Pre-Run and Post-Run

Hard Day - Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

Hard Day - Post-Run

NOTE: Go right into this work form the workout or long run!

General Strength (YouTube video - see SAM Phase 3 Hard for most of this - the lunges are from the Lunge Matrix)

1. Wide Outs x 10
2. Mountain Climbers - Singles In x 10
3. Mountain Climbers - Singles Out x 10
4. Lateral Lunge x 10
5. Mountain Climbers - Doubles Out x 10
6. Mountain Climbers - Doubles Out x 10
7. Wave Lunge x 10
8. Speed Skaters x 10
9. Front Lunge x 10 (5 each side)
10. Front Lunge with twist x 10 (5 each side)
11. Side (lateral) Lunge x 10 (5 each side)
12. Back and to the side Lunge x 10 (5 each side)
13. Backwards Lunge x 10 (5 each side)

Now go immediately into Core X - 30 seconds for each exercises, no breaks.

1. Running V-Sits
2. Australian Crawl
3. V-Sit Flutter Kicks
4. Side Plank Leg Lift
5. Supine Plank
6. Side Plank Leg Lift (other side)
7. Superman
8. Push-up to Side Plank
9. V-Sit Scissor Kicks
10. Rockies

Now you can get a bit of water and take a 60-90 second break.

Jeff Multi-Directional Cool Down - exercises for 20m and then 10m (see previous page)

General Strength and Mobility (YouTube video - see SAM Phase 3 Hard, the middle part of the video to the end of the video for most of this.

1. Bird Dog x 5
2. Clams x 8
3. Reverse Clams x 8
4. Reverse Air Clams x 8
5. Lateral Leg Raise x 8 (toes in, neutral, and out)
6. Inch Worms with Push-Ups x 5
7. Bird Dog - Side Extension x 5 each side
8. Single Hip Bridge x 10 each leg
9. Bridge with Heel Walks x 2
10. Iron Cross x 10
11. Knee to Chest Extension x 5 each leg
12. Leg Raise with Bent Knee x 5 each leg
13. Groiners x 10
14. Fire Hydrants x 5
15. Bent Knee Hip Extension x 5
16. Log Rolls x 5
17. Y Pullover x 5
18. Straight Arm Pullover x 5

Now you can take another water break, then do the barefoot work on the next page.

Yellow Progression - Pre-Run and Post-Run

Hard Day - Post-Run

Barefoot #1 Routine (Jeff Boelé video)

This can be done on grass/turf/sand. Don't do it on the track at this time. Today, go 6-8 meters on all of these.

1. Forward walk
2. Backward walk
3. Toes in walk
4. Toes out walk
5. Outside of foot walk
6. Inside of foot walk
7. Heel Walk

Barefoot #3 Routine x 0.5 (Jeff Boelé video)

1. Straight leg, spell alphabet - L/R
2. Toe grab - pull forward with toes and move forward x 10
3. Squatting calf raises - in 90° squat position, then raise heels x 5
4. Side foot half raises - L/R, on lateral side of foot x 5 each foot
5. Everted to squat - toes pointed out, on toes, squat x 5
6. Toe Lunge Walk - lunge while staying on toes x 5 m

That was a ton of work.

Great job!

Now hydrate and fuel!

If you want to add something to this you can go through Core X twice (which is 10 min total).

You can stay at this level, Yellow, for weeks and even months before you progress to Green.

Davison Cross Country

Post-run Work - Green Easy

Green Progression - Pre-Run & Post-Run (Includes Hard Short and Hard Long)

Green Progression Easy Day

Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

1. Low skips with arms swinging forward
2. Low skips with arms swinging back
3. Low skips with arms crossing
4. Skip with a twist (360°)
5. Backward walk with a reach
6. Backward skip
7. Butt kicks
8. Side shuffling - down and back
9. Side shuffle w/jumping jack - down and back
10. Carioca - down and back
11. Quick skip - single leg left
12. Quick skip - single leg right
13. Quick skip - alternating leg

Move to fence

1. Forward-backward x 10
2. Side to side x 10
3. Hurdle trail leg forward x 10
4. Hurdle trail leg backward x 10
5. Eagles x 10
6. Side bends x 10

Move to ground

1. Cat-cow (camel-old horse) x 5 cycles
2. Cat-cobra x 5 cycles
3. Reach through and reach up x 8 each side
4. Fire Hydrant x 8 each side
5. Donkey kick x 8 each side
6. Low whips x 8 each side

Go to track/parking lot/field for Sprint Mechanics

1. A-march
2. A-skip
3. B-march
4. B-skip
5. Dribbles (walk back)
6. Dribbles a second time (walk back)

Post-Run - go right into this

Lunge Matrix (YouTube video)

1. Forward Lunge x 10 (5 each side)
2. Forward Lunge with Twist x 10 (5 each side)
3. Side Lunge x 10 (5 each side)
4. Back and to the Side Lunge x 10 (5 each side)
5. Backward Lunge x 10 (5 each side)

Jeff Multi-Directional Cool Down - exercises for 20m and then 10m

1. Backward jog
2. Forward skip
3. Backward skip
4. Backward skip w/twist
5. Side jump jacks - L/R
6. Side slide - L/R

The following are done for 10m

1. Forward single-leg hop - L/R
2. Backward single-leg hop - L/R
3. Forward double-leg hop
4. Backward double-leg hop
5. Crouched walk - forward/backward

General Strength and Mobility (YouTube video - see SAM Phase 3 Easy for most of this)

1. Prone Plank - 20 sec
2. Side Plank - 20 sec each side
3. Supine Plank - 20 sec
4. Plank with Arm Extension x 8
5. Side Plank with Arm Rotation x 8
6. Supine Plank with Alternate Leg Lifts x 8
7. Plank Forward and Back x 10
8. V-Sit Alternating Bent Knee x 10
9. Squat with Arm Extensions x 10
10. Double Hip Bridge x 10
11. Clams 8 x
12. Reverse Clams x 8
13. Reverse Air Clams x 8
14. Iron Cross x 10
15. Groiners x 10
16. Y Pullover x 5
17. Straight Pullover x 5

Davison Cross Country

Post-run Work - Green Hard

Green Progression - Pre-Run & Post-Run (Includes Hard Short and Hard Long)

Hard Day Short Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

Hard Day Short Post-Run

NOTE: Go right into this work form the workout or long run!

General Strength (YouTube videos)

Note: This is going to be hard and you will produce some lactate. Be mentally ready to do this first portion, which is 20 minutes. These are simply exercises, but they are not easy.

1. Wide Outs x 10
2. Mountain Climbers - Singles In x 10
3. Mountain Climbers - Singles Out x 10
4. **Burpies x 5**
5. Lateral Lunge x 10
6. Mountain Climbers - Doubles Out x 10
7. Mountain Climbers - Doubles Out x 10
8. **Burpies x 5**
9. Wave Lunge x 10
10. Speed Skaters x 10
11. **Burpies x 5**

Lunge Matrix for SPEED - do them as quick as you can, but still maintain good angles.

12. Front Lunge x 10 (5 each side)
13. Front Lunge x 10 (5 each side)
14. Side Lunge x 10 (5 each side)
15. Back and to the side Lunge x 10 (5 each side)
16. Backwards Lunge x 10 (5 each side)

Now go immediately into ONE set of Core X - 30 seconds for each exercises, no breaks. This takes 5 minutes total.

Core X

1. Running V-Sits
2. Australian Crawl
3. V-Sit Flutter Kicks
4. Side Plank Leg Lift
5. Supine Plank
6. Side Plank Leg Lift (other side)
7. Superman
8. Push-up to Side Plank
9. V-Sit Scissor Kicks
10. Rockies

Green Progression - Pre-Run & Post-Run (Includes Hard Short and Hard Long)

Hard Day Short Post-Run

Now you can get a bit of water and take a 1-2 min break. More if needed, but ideally you move into Jeff's Cool Down after a short, not a long, break.

Jeff Multi-Directional Cool Down - exercises for 20m and then 10m (see previous page)

General Strength and Mobility (YouTube video - see SAM Phase 3 Hard, the middle part of the video to the end of the video for most of this.

1. Bird Dog x 5
2. Clams x 8
3. Reverse Clams x 8
4. Reverse Air Clams x 8
5. Lateral Leg Raise x 8 (toes in, neutral, and out)
6. Inch Worms with Push-Ups x 5
7. Bird Dog - Side Extension x 5 each side
8. Single Hip Bridge x 10 each leg
9. Bridge with Heel Walks x 2
10. Iron Cross x 10
11. Knee to Chest Extension x 5 each leg
12. Leg Raise with Bent Knee x 5 each leg
13. Groiners x 10
14. Fire Hydrants x 5
15. Bent Knee Hip Extension x 5
16. Log Rolls x 5
17. Y Pullover x 5
18. Straight Arm Pullover x

Hard Day Long Post-Run

Everything in Short Post-Run, plus two barefoot routines.

At this point you've done close to 30 min of work after the run! If you need to head home, do Leg Swings (2 min).

Hard Day Long Post-Run

Barefoot #1 Routine (Jeff Boelé video)

This can be done on grass/turf/sand. Don't do it on the track at this time. Today, go 6-8 meters on all of these.

1. Forward walk
2. Backward walk
3. Toes in walk
4. Toes out walk
5. Outside of foot walk
6. Inside of foot walk
7. Heel Walk

Barefoot #3 Routine x 0.5 (Jeff Boelé video)

1. Straight leg, spell alphabet - L/R
2. Toe grab - pull forward with toes and move forward x 10
3. Squatting calf raises - in 90° squat position, then raise heels x 5
4. Side foot half raises - L/R, on lateral side of foot x 5 each foot
5. Everted to squat - toes pointed out, on toes, squat x 5
6. Toe Lunge Walk - lunge while staying on toes x 5 m

The Green Progression! It's a long one, and it's a tough one. GREAT WORK!

Now hydrate and fuel!