

Centreville High School Cross Country General Strength Programs - Summer 2021

Strength training is an important part of any runner's program. Strength training has been shown to improve running economy (so your body uses energy more efficiently) and can prevent the risk of injuries! Each general strength (GS) program should each be done once a week after a maintenance run. Each exercise can be performed with just your bodyweight - no equipment necessary! Start with lower reps and increase your reps by 2 - 3 every 2 weeks. Proper form and deliberate execution of every rep is the key to getting stronger! Videos are available to Google Classroom and our social media.

Taurus - 2 sets of 10 - 15 reps per exercise

Push-Ups

Prisoner Squats (hands behind head)

V-Ups

Superman

Push-Ups w/Clap

Rocket Jumps

Bench Dips (hands on a park bench or any stable, elevated surface you can find)

Cossack Extensions

L-Overs

Single-Leg Glute Bridges

Floor Cobras

Forward Lunge w/2-Pause

Leo - 2 sets of 10 - 15 reps per exercise

Single-Leg Squats (L&R)

Incline Push-Ups (hands on a park bench or any stable, elevated surface you can find)

Reverse Lunges (L&R)

Decline Push-Ups (feet on a park bench or any stable, elevated surface you can find)

Lunge Jumps (L&R)

Bench Dips (hands on a park bench or any stable, elevated surface you can find)

Cossack Squats (L&R) (a.k.a. Lateral squats)

Crunches

Single-Leg RDL (L&R) (RDL = Romanian Deadlift)

V-Ups

Squat Walks (Fwd. & Bwd.)

Pillar - 2 sets of 10 - 15 reps per exercise (unless otherwise stated)

Planks (30 - 60 seconds)

Side Planks (L&R) (30 - 60 seconds)

Alternate Superman (L&R) (Raise opposite arm & leg)

Deadbugs (L&R) (Raise opposite arm & leg)

Jackknives (L&R)

Crunches

Rear Foot Elevated Single-Leg Squats (L&R)

Deadbug Holds (30 - 60 seconds)

Single Leg RDL (L&R)