

Craftsbury Academy Cross Country

CIRCUIT A Set List

Do 2 sets w 5 min recovery between sets

- 2 X 10 Burpees w Pushup – 30 sec rest btw
- 2 x 10m Speedskater bounding – 30 sec rest btw
- 4 x 80m form/technique run – 30 sec rest btw
- 2 x 50m Cherry Pickers – 30 sec rest btw
- 1 x 40m Speedskater w/o bounding
- 1 x 4 position plank – hold each position 10 sec
- 2 x 5 Rocket Jumps – 30 sec rest btw
- 1 x 10 lateral lunge
- 1 x 4 position plank
- 3 x 80m acceleration – 30 sec rest btw