



Craftsbury Academy

CORE HIIT ROUTINE

Routine 1

1. Speed Push-ups
2. Supermans
3. Burpees
4. Speed Crunches
5. Line Jumps

Routine 2

1. Star Jumps
2. Jackknife
3. Mountain Climbers
4. Jump, Squat, Touch Down
5. Speed Bicycle Crunches

Routine 3

1. Squats
2. Leg Lifts
3. Jumping Lunges
4. Bear Crawls – 3 forward, 3 back
5. Speed Jumping Jacks

XC Season Core HIIT Build Up

Week 1 – 20 seconds up, 10 seconds down – 2 Sets

Week 2 - 20 seconds up, 10 seconds down – 2 Sets

Week 3 - 20 seconds up, 10 seconds down – 2 Sets

Week 4 - 30 seconds up, 15 seconds down – 2 Sets

Week 5 - 30 seconds up, 15 seconds down – 2 Sets

Week 6 - 30 seconds up, 15 seconds down – 3 Sets

Week 7 - 30 seconds up, 15 seconds down – 3 Sets

Week 8 - 40 seconds up, 20 seconds down – 2 Sets

Week 9 - 40 seconds up, 20 seconds down – 2 Sets

Week 10 - 40 seconds up, 20 seconds down – 2 Sets

Week 11 - 40 seconds up, 15 seconds down – 2 Sets

Week 12 - 40 seconds up, 15 seconds down – 2 Sets

Week 13 - 45 seconds up, 20 seconds down – 2 Sets

Week 14 - 45 seconds up, 20 seconds down – 2 Sets

Week 15 – 45 seconds up, 15 seconds down – 3 Sets

Week 16 - 50 seconds up, 20 seconds down – 3 Sets

Week 17 - 50 seconds up, 20 seconds down – 3 Sets

Week 18 - 50 seconds up, 15 seconds down – 3 Sets

Week 19 - 60 seconds up, 30 seconds down – 3 Sets

Week 20 - 60 seconds up, 30 seconds down – 3 Sets

Week 21 - 60 seconds up, 20 seconds down – 3 Sets