



Craftsbury Academy XC

STRENGTH ROUTINES

Routine 1

1. L-ups
2. V-ups
3. Roll up to the sky
4. Running V sit
5. Flutter kick V sit

Routine 2

1. Prisoner squats (Up to a calf raise, last 5 up to a jump)
2. Single leg squats (Up to a calf raise)
3. Mountain climbers (single or double leg)
4. Double leg eagles
5. Low level twists
6. Hip Bridges (2 knees bent & 1 knee bent, 1 knee straight)

Routine 3

1. Leg (donkey) whip
2. Single leg lift
3. Lateral leg lift x3
4. Clam Shells (Forward, Reverse and repeat with top leg elevated)
5. Tuck jump
6. Calf raise

Routine 4 - Lunge Matrix

1. Front lunge
2. Front lunge with a twist
3. Side lunge
4. Back and to the side (diagonal)
5. Backwards
6. Backwards with a twist

Routine 5 - Plank Matrix

1. Prone on elbows
2. Right side on elbows
3. Supine on elbows
4. Left side on elbows
5. Prone on hands
6. Right side on hands
7. Supine on hands
8. Left side on hands

These are routines we will do before our running workout