

Roosevelt Cross Country Strength and Core (May→CIF Dead Period)

Remember Keep Your Hard Days Hard and Easy Days Easy

Week of May 13 th	30 Seconds x 2 Rounds Speed Skaters Russians Plank w/Shoulder Taps Fire Hydrants Supermans Side Crunches	30 Seconds x 2 Rounds Side Plank Each Side Bear Crawl – 5 F, 5 Back Dead Bugs w/bands Reverse Lunges Star Jumps One Legged Deadlifts	Plyo: 30 Seconds Jump Rope 12 Reps Each Ladders (fast feet straight through) Side to Side on 1 Foot Front to Back 1 Foot Single Leg Squat w/hop	
Week of May 20 th	12 of each (each side) Side Plank with Leg Lift Pushups Glute Bridge Adductor Leg Raises Fire Hydrants Kickbacks	12 of each Knee Crunches Side Crunches Side Lunges Step Ups Windshield Wipers Pullovers	30 sec: Jump Rope x2 10 of Each x 3: Explosive Step Up Pogo Jumps Explosive Lunges Fast Feet Over the Line	
Week of May 27 th	Ladder: 12 to 2 (evens only) Squats Speed Skaters Single Leg DeadLift Pushups Leg Raises	15 Reps Each Side Pushups Hip Raises W/Leg Extension Russian Twists Side Crunches Adductor Leg Raises	45 Seconds Jump Rope x2 10 Reps of Each Sideways Ladders Compass Jumps Banded High Knees 180 Squat Jumps	
Week of June 3 rd	20 Each Side Side Hip Raises Leg Circles Fire Hydrants Kickbacks Supermans Crunches	20 Reps Total Torso Twists Weighted Swings Russian Twist V Sit Ups 1 Leg Deadlifts Arm Circles	45 Second Jump Rope 10 of Each Lateral Bound Single Leg Sit to Jump Reverse Lunge to Knee Jump Split Squat Jump Lateral Lunge to SL hop	
Week of June 10 th	30 Seconds Each x 3 Speed Skaters Russians Plank w/Shoulder Taps Fire Hydrants Supermans Side Crunches	45 Seconds Each Side Plank Each Side Bear Crawl – 5 F, 5 Back Dead Bugs w/bands Reverse Lunges Star Jumps One Legged Deadlifts	1 Min Jump Rope 12 of Each In Out Ladder Side to Side 1 Foot Karaoke Single Leg Hops Side to Side Hops	