STRENGTH AND CORE TRAINING FOR WEEK OF JULY 8–JULY 14, 2024

We're adding in some new exercises starting this week. There will be a new dimension to our strength sessions as they will be done directly after our workouts. This means are hard days will be hard, and it will be extra important to keep those easy days easy! Let's go!

I.   Strength Training

Tuesday, July 9, 2024

Time: On your own   *Location: Self-selected*

Exercise	Sets	Reps	Notes
Trap bar deadlift[1]	3	10	Runners selected appropriate resistance.
Kettlebell swing[2]	2	15-20	Runners select appropriate weighted resistance that allows for good form.
Bulgarian split squat	3	10	Runners select appropriate weighted resistance.
Romanian deadlift[3]	2	10	Runners select appropriate weighted resistance.
Step-up jumps	2	5-8	Unweighted; try and be explosive.
Sled push[4]	3	1	Variable weight; push hard, pull back. Full recovery.
Pushups	2	10 to Failure	No pushups on knees. Adjust body angle to modify difficulty. All runners do at least 10 reps.
Pullups or bodyweight rows	2	5 to Failure	All runners do at least 5 reps. If unable, can be assisted or eccentric. Focus on bring shoulder blades together.

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[1] You can replace this with squats if you don't have access to a trap bar. If you have squatted before and need to weight the exercise, you can use a barbell (if you know how to do so safely and have a spotter), kettlebell, dumbbell, milk jugs, or whatever for resistance. If no resistance is available, slow eccentric with an explosive jump.

[2] Vertical jumps and broad jumps are bodyweight alternatives, as shown in this video.

[3] Can be done with a barbell or any weighted object that can be held in the hands. If you have no access to weight, replace with single leg RDL.

[4] If you don't have access to a sled, omit this exercise; your normal hill sprints are the alternative.

Thursday, July 11, 2024

Time: Immediately after practice   *Location: Location TBD by captains*

Exercise	Sets	Reps	Notes
Single leg RDL	3	8-10 per leg	Bodyweight.
Single leg pogo hops	2	15 each leg	Only slight bend in the knees; powerful and quick off the ground.
Jump lunges.	1	16-20	Try and be explosive, short time on the ground.
Nordic hamstring curl	3	5	All runners perform these with a partner. Maintain the eccentric as long as possible.
Jump squats	2	10-20	Explosive; focus on a soft landing and being powerful and quick off the ground.
Mountain climbers	2	45"	Pull legs all the way in; keep the butt low; fast and explosive.
Single leg squats	1	5 per leg	Focus on knee stability and keep whatever range of motion you can without collapsing.

II. <u>Core Training</u>

Core (A) (Monday Routine)

Exercise	Sets	Reps/Time	Notes
A-Switches	2	0:30	Hold A-march position with good form, quickly switch legs.
Side Plank	1	0:45 / side	Hold for designated time per side. Keep hips high and body stable. Straight elbows, on hands.
High knees	2	0:30	Good posture, knees high, and feet quick off the ground.
Bicycle crunches	1	1:00	Focus on full range of motion with a good contraction of obliques.
Mountain climbers	2	0:45	Be fast and pull the knee in all the way.
Death holds	1	1:00	Hold the hollow body position until failure.

Core (B) (Wednesday After Practice Routine)

Exercise	Sets	Reps/Time	Notes
Mountain climbers	2	0:45	Do as many quality reps as possible within the designated time, resting 0:30 between sets. Focus on keeping the butt low and pulling knees all the way in.
V-Ups	2	0:45	Do as many quality reps as possible within the designated time, with 0:30 between sets. Focus on pulling your arms and legs together with control and no collapsing between reps.
Bird dogs	1	1:00	Do slow and controlled reps for the designated time, aim for stability during and between reps, with no loss of balance or control.
Candlesticks (Level 1)	1	1:00	Do as many quality reps as possible in the designated time. Aim for full engagement of lower core muscles, straighter legs over time, and no collapsing between reps.
Pushups with rotation	2	0:30	Do as many slow and controlled reps as possible during the designated time. Everyone should be on feet (not on knees), modifying body angle for difficulty as necessary Focus on control, balance, and full range of motion. Aim to lower angle over time over time.
Burpees	1	10	Modify as necessary to complete the designated number of reps in a reasonable time, with the goal being a full pushup, jump down, jump feet back in, and high jump up.

Core (C) (Saturday After Long Run Routine)

Exercise	Sets	Reps/Time	Notes
High plank shoulder taps	1	1:00	Hold for the designated time. Straight arms. Keep hips high, core stable, and aim for minimal rotation.
Side plank leg raises	1	0:30 / side	Hold for designated time per side. Keep hips high and aim for core stability and balance with leg raises. Bent or straight elbows (your preference)
Superman holds	2	0:30	Hold extended position for the designated time, aim for high hands and feet (without pain).
Situps	2	0:30	Do as many quality reps as possible for the designated time. Aim for no one holding your feet, full range of motion, pulling from the core, and not collapsing between reps.
Burpees	2	10	Modify as necessary to complete the designated number of reps in a reasonable time, with the goal being a full pushup, jump down, jump feet back in, and high jump up.

Exercise Sheet

Core Exercises	Strength Exercises
Plank	Nordic Hamstring Curls
Side Plank	Single Leg Lunge Jumps
Superman	Single Leg Romanian Deadlift
Bicycle Crunches	Goblet Squat
Burpees	Kettlebell Swing
Mountain Climbers	Bulgarian Split Squat
V-Ups	Stiff Leg Ankle Hops
Bird Dogs	Pushups
Candlesticks (Level 1)	Pullups
Pushups with Rotation	Bodyweight Row
High Plank Shoulder Taps	Trap Bar Deadlift
Side Plank Leg Raises	Romanian Deadlift (with Dumbbells)
Situps	Jump Lunges
Superman Holds	
Standing Bicycle Crunches	
High Knees	
A-Switches	