

Bethel XC Training Guide

Level Two - off season

Name _____

Weekly Training Log

date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
Ten-Minute Stretching	4 x week Record completion in shaded areas.							
Race Pace Training	3- 4 x week - one day per week must be hard day to push your body to the next level							
Speed	1 -2 x week: 2 starts, 4 surges, 2 kicks							
Plyometrics	20 minutes 1 x week							
Hip Flexors	Hurdles - 15 minutes 1 x week							
Strength Training:	Exercise:	Record Sets & Reps sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
Chest	Chest press 3/10							
Back	Machine Rows 3/10							
Shoulders	Shoulder press 3/10 shrugs 3/20							
Sports Specific Strength	DB Arm Pumps 3/20sec Split-leg snatch DB 2/10							
Biceps	Machine curls 3/10							
Triceps	Tricep Press 3/20							
Stitch Prep	DB Pullovers 3/10							
Leg superset:								
1. Quads	Leg press 3/21							
2. Calves	3 way calf raises 3/21 pause jumps 3/10							
3. Bosu Balance Ball	10 seconds each leg							
Hamstrings	Leg curls 3/10							
Tibialis	Reverse calf raises 1/40							
Core:								
Low back	Hyperextensions 1/25							
Abs	Crunches 4/20 Leg raises 1/20							