

Grand Island Senior High
Cross Country Team Warmup, Cool Down, and Weights

Warmup:

-1/2 or full campus jog

-stretches (on your own); Stretches should be done slowly and should NOT BE PAINFUL; Hold 10-30 seconds and repeat 3-5 times (Ottawa Valley Physiotherapy):

1. Hip Flexor Stretch in Standing

From the standing position, take a step forward with your left leg while keeping the right leg straight. Now bend the knee of the left leg until you feel a stretch in the front area of the right hip. Make sure the left foot is beneath the left knee or slightly in front of it. Hold. Repeat with the other side.

2. Quadriceps Stretch

Stand with your left hand holding onto something stable for balance. Using your right hand, grab onto your right foot and pull your heel in towards your buttocks. Keep your knees close during this stretch. If you do not feel a stretch in the front of the right hip and thigh, pull your right knee further back behind the left knee. Hold. Repeat with the left side.

3. Hamstring Stretch

Place right leg flat on table while the left leg stays put on the floor. Keep the right knee straight during the stretch. Keep the arch in your back as you reach to touch your toes. Repeat with the other side.

4. Groin Stretch

Sit on the floor with the soles of your feet together. While holding your toes, lean your upper body forward, bending from the hips. If you do not feel a stretch in the groin, try to keep your knees further down towards the floor and bring your heels closer to your seat. Hold. To isolate one side of the groin more than the other, push one knee downwards with your hand while you lean forward.

5. Gluteus Maximus/Hip IR Stretch

Lie on floor or mat. Bend knees with feet on floor. Cross right leg over thigh of left leg. Grasp back of thigh of left leg with both hands. Pull leg toward torso. Repeat with opposite leg.

6. Calf Muscle Stretch

Stand a few feet from a wall and put both your hands on it at shoulder level. Step back with your right leg, keeping it straight, while the left knee bends. With both heels on the floor, lean forward by bending your left knee until you feel a stretch in your calf. Hold. Repeat on the other side.

7. Arm and Shoulder Stretch

Start from a standing position. Bend your right elbow, and put your arm behind your head. Use your left hand to pull the right elbow behind your head. You should feel the stretch in your right triceps. Hold. Repeat with the left arm.

8. Low Back Stretch

Lie on your back with your right arm extended out to your side. Using your left hand, slowly pull your right knee across your torso, while keeping your right shoulder on the ground. Hold. Repeat on the other side.

9. Chest Stretch

Interlace your fingers behind your back. Slowly turn your elbows inward while straightening your arms. Hold.

10. Triceps Stretch

With your arms overhead, use your left hand to pull the right elbow behind your head. You should feel the stretch in your right triceps. Hold. Repeat with the left arm.

11. Shoulder Rotations

Raise your arms out to your sides to shoulder level. Start with small clockwise circles. Work your way to bigger circles. Then reverse directions and progress from small to larger arm circles.

- Exercises (plyo's):

- Form walk, trunk rotations, form walk back
- woodchoppers, "A" skip, toe touches, "A" skip back
- burpees (squat thrusts), high knees, sit-ups, high knees
- push-ups, butt-kicks, cross over toe touches, butt-kicks
- lunges
- leg swings

Cool down:

- **1/2 or full campus**
- **10X50 strides**; work on form especially arm action (hip/nose)
- **stretches** (on your own)
- **Abs** (senior led)

Weight Training Program (two day program); Coach Swanson will have set workout for you:

Day 1: emphasis on lower body and torso

Day 2: emphasis on upper body