

UCSD Cross Country

Day 1

Dynamic Warm-Up

Do warm up we did outside

Shoulder Stability

Scap push ups. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20. Blackburns. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20

Glute Act/Strength

DL Hip Bridge. Wk 1 & 2: 2 x 12. Wk 3 & 4: 2 x 15. Fire Hydrants. Wk 1 & 2: 2 x 8 ea. Wk 3 & 4: 2 x 12.

Notes

Choose weights that allow you to get all the reps. They should challenge you but not kill you. As reps decrease, weights increase. Stretch after you lift!!

Order	Max	Exercise	Set	20-Jun		27-Jun		4-Jul		11-Jul	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	Week 4 wt	x Week 4 reps
1	#N/A	DB Squat	1		x 10		x 8		x 6		x 6
			2		x 10		x 8		x 6		x 6
			3		x 10		x 8		x 6		x 6
2	#N/A	BB Bench Press	1		x 10		x 8		x 6		x 6
			2		x 10		x 8		x 6		x 6
			3		x 10		x 8		x 6		x 6
3	#N/A	SB Leg Curl	1		x 10		x 8		x 6		x 6
			2		x 10		x 8		x 6		x 6
			3		x 10		x 8		x 6		x 6
4	#N/A	Lat Pull Downs	1		x 10		x 8		x 6		x 6
			2		x 10		x 8		x 6		x 6
			3		x 10		x 8		x 6		x 6
5	#N/A	Front Bridge w/ Arm Reach total reps	1		x 10		x 12		x 14		x 14
			2		x 10		x 12		x 14		x 14
			3		x 10		x 12		x 14		x 14

Day 2

Dynamic Warm-Up

Do warm up we did outside

Shoulder Stability

I, Y, T, V. Wk 1 & 2: 2 x 10 ea. Wk 3 & 4: 2 x 12 ea. W-Press. Wk 1 & 2: 2 x 10. Wk 3 & 4: 2 x 12.

Glute Act/Strength

SL Hip Bridge. Wk 1 & 2: 2 x 6 ea. Wk 3 & 4: 2 x 8 ea. Hip Circles. Wk 1 & 2: 2 x 5 ea. Wk 3 & 4: 2 x 8 ea.

Notes

Choose weights that allow you to get all the reps. They should challenge you but not kill you. As reps decrease, weights increase. Stretch after you lift!!

Order	Max	Exercise	Set	Week 1 wt		Week 2 wt		Week 3 wt		Week 4 wt	
				x	Week 1 reps	x	Week 2 reps	x	Week 3 reps	x	Week 4 reps
1	#N/A	DB Split Squat reps for each leg	1		x 8		x 6		x 5		x 5
			2		x 8		x 6		x 5		x 5
			3		x 8		x 6		x 5		x 5
2	#N/A	SA DB Military Press reps for each arm	1		x 8		x 6		x 5		x 5
			2		x 8		x 6		x 5		x 5
			3		x 8		x 6		x 5		x 5
3	#N/A	DB SL RDL reps for each leg	1		x 8		x 6		x 5		x 5
			2		x 8		x 6		x 5		x 5
			3		x 8		x 6		x 5		x 5
4	#N/A	SA DB Bent Over Row reps for each arm	1		x 8		x 6		x 5		x 5
			2		x 8		x 6		x 5		x 5
			3		x 8		x 6		x 5		x 5
5	#N/A	Side Bridge w/ Hip Dip reps for each side	1		x 10		x 12		x 14		x 14
			2		x 10		x 12		x 14		x 14
			3		x 10		x 12		x 14		x 14