

# 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	18-Jul		25-Jul		1-Aug		8-Aug	
				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	<b>DB RFESS</b> reps for each leg	1	x 8		x 6		x 6		x 5	
			2	x 8		x 6		x 6		x 5	
			3	x 8		x 6		x 6		x 5	
2	#N/A	<b>BB Incline Bench Press</b> keep elbows close to sides	1	x 8		x 7		x 6		x 5	
			2	x 8		x 7		x 6		x 5	
			3	x 8		x 7		x 6		x 5	
3	#N/A	<b>Rev Hyper</b> keep legs straight squeeze with glutes	1	x 10		x 12		x 12		x 15	
			2	x 10		x 12		x 12		x 15	
			3	x 10		x 12		x 12		x 15	
4	#N/A	<b>Chin Up Grip Lat Pull</b>	1	x 8		x 8		x 6		x 6	
			2	x 8		x 8		x 6		x 6	
			3	x 8		x 8		x 6		x 6	
5	#N/A	<b>BB Rollouts</b> keep low back tight don't let it sag	1	x 8		x 9		x 10		x 12	
			2	x 8		x 9		x 10		x 12	
			3	x 8		x 9		x 10		x 12	

## 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		Week 2		Week 3		Week 4	
				wt	x reps	wt	x reps	wt	x reps	wt	x reps
1	#N/A	<b>Goblet Lateral Squat</b> reps for each leg	1	x 8		x 6		x 6		x 5	
			2	x 8		x 6		x 6		x 5	
			3	x 8		x 6		x 6		x 5	
2	#N/A	<b>Standing DB Alt Shoulder Press</b> reps for each arm	1	x 8		x 8		x 6		x 6	
			2	x 8		x 8		x 6		x 6	
			3	x 8		x 8		x 6		x 6	
3	#N/A	<b>2 DB SL RDL</b> reps for each leg	1	x 8		x 8		x 6		x 6	
			2	x 8		x 8		x 6		x 6	
			3	x 8		x 8		x 6		x 6	
4	#N/A	<b>Cable or Band Row</b>	1	x 8		x 8		x 6		x 6	
			2	x 8		x 8		x 6		x 6	
			3	x 8		x 8		x 6		x 6	
5	#N/A	<b>Side Bridge w/ Elbow Touch</b> reps for each side	1	x 10		x 12		x 14		x 15	
			2	x 10		x 12		x 14		x 15	
			3	x 10		x 12		x 14		x 15	