

UCSD Men's and Women's Cross Country Summer Lifting: 3 Wks June 21 - July 9, 2010

Day 1

Order	Exercise	Reps			Warm Up
1	Squat Complex	70	70	70	1) Squat Prep 5
1	Push-up Matrix	30	30	30	2) Bridge Runners 10
2	1 Leg RDL	10	10	10	3) Push-Up Arm Raise 8
1	Inverted Pull-ups	12	12	12	
2	BW 1 Leg Squat	10	10	10	
C	Should Press-ups	12	12	12	
C	Windshield Wipers	30	30	30	
C	Plank Holds	90	90	90	
C	Side Bridge Leg Raise Knee Tuck	10	10	10	

Day 2

Order	Exercise	Reps			Warm Up
1	Plyo Matrix	40	40	40	1) Mt.Climbers, Groiners, Frogs 10
1	DB Reverse Lunge	10	10	10	2) Y,T,W,L 10 x 2
2	DB RDL	10	10	10	3) Wide Outs 10
1	MB Push-ups (walk-over)	12 total	12 total	12 total	
2	1 Arm DB Row	12	12	12	
C	DB Push-up Row	10	10	10	
C	L Crunch	30	30	30	
C	SB Dirty Dogs	10 each	10 each	10 each	
C	1 Leg Bridge Hold (continuous)	90 sec total	90 sec total	90 sec total	

Notes

Squat Prep: HOH 5, OH 5, Press Up 5, Drop Squat 6

Push-Up Marix: 10 regular, 10 stag L, 10 stag R, 10 explosive stag, 10 explosive push-ups

Squat Matrix: HOH for all-20 regular, 20 lunges, 20 step-ups, 10 explosive Squat Jumps

General: 1) Run about 500 yrds or on the treadmill before starting 2) Do all 1's by themselves, unless there is a 2 after, then do 1s and 2s together 3) Complete all sets of current exercise(s) before moving onto new exercise(s)