**Marietta Cross Country**

**Basic Circuits**

**Jog 10 Minutes to warm up:**

1. Planks (C): Front, Sides and Back 30/60 Sec each

\*May lift legs to increase difficulty

Recovery: 2 Leg Hop 50 Meters

1. Burpees (TB) or Dynamic Squats: 30 Secs

Recovery: Lunges: 50 Meters

1. Pushups (A) 30 Secs

Recovery: Run 50 meter sprint

1. Bicycle Crunches (C): 30 Secs

Recovery: 2 Leg Hop 50 Meters

1. Burpees (TB): Legs 30 Secs

Recovery: Lunges: 50 Meters

1. Pushups: Regular (A): 30 secs

Recovery: 50 meter Sprint

1. Back Extensions (C) 15 x 3 sec each

Recovery: 2 Leg Hop 50 Meters

1. One Leg Squat (L): 15 reps

Recovery: 50 Meters Sprint

1. Push ups (A): 30 Seconds

Recovery: Lunges: 50 meters

1. Leg Lifts: 6-36 (C) x 10 Slow

Jog 5 minutes to recover then repeat

Complete 3 sets total

A=Arms; TB=Total Body; L=Legs; C=Core

**Basic Strength Circuit for Beginners**

1. 20 two leg squats

Sprint 50 Meters

1. 10 push ups

Sprint 50 Meters

1. 20 lunges (Step out and then back up to start)

Sprint 50 Meters

1. 20 second plank x 4

Sprint 50 Meters

1. 30 Jumping Jacks

Sprint 50 Meters

1. Bridge :60 seconds /2 leg, Left, Right/leg

Sprint 50 Meters

**3 Minute Break then repeat. Do 3 sets total.**

**Plank Routine**

**Plank x 4 sides x 30-60 seconds**

**Some may need to plank on knees**

**Bridge Routine**

**Thrust (5 Sec Hold) x 10**

**Leg Lift in run position x 5 x 2**

**Knee to Chest Lift form ground x 10**

**Lateral leg raise (2 set x 10 on each side)**

**Heel Raise (Face Down)**