



Mississinewa XC WarmUP

BEFORE YOU DO ANY RUNNING

Lunge Matrix

Front Lunge x10
Lunge with Twist x10
Lateral Lunge x10
Back and to the Side Lunge x10
Backwards Lunge x10



Leg Swings

Forward, Backward x10
Side to Side x10
Hurdle Trail-Leg Forward x10
Hurdle Trail-Leg Backward x10
Bent Knee Side to Side x10
Bent Knee Forward, Backward x10



Walking Knee Pulls x20 meters
Walking Ankle Pulls x20 meters
Walking Quad Pulls x20 meters
Walk on Heels x20 meters
Walk on Toes x20 meters

SKIPS

Focus on your running form. Do not rush the skips. It is not a race. Make sure you are paying attention to your arm motion.

A Skip x30 meters (down and back)
A/B skip x30 meters (down and back)



1 Mile Easy Run

DROM

Do all stretches on one leg then switch to the other. Keep your balance on the leg you are standing on, and do all motions without putting your stretching leg on the ground. Be deliberate with each motion, do not rush.

Standing on left leg

Lift right knee up (right quad should be level),
kick right leg straight out from knee down (7 times)

Lift right knee up (right quad should be level),
from knee down rotate leg inside, middle,
outside (7 times)

Lift right knee up (right quad should be level),
pivot at hip and swing right leg out to right side
(7 times)

Lift right knee up swing out to straight leg and
back to knee up (7 times)

Leg straight, swing leg straight back (7 times)

Relax, shake out legs, and switch to other leg.



SAM, Phase 1, Easy Day

Core Strength

Prone Plank (10 seconds)
Side Plank (10 seconds each side)
Prone Plank (10 seconds)

Hip Strength

Double Hip Bridge x6
Clams x6
Reverse Clams x6
Reverse Air Clams x6
Lateral Leg Raise x6 each
(toes in, neutral, and out)

Hip Mobility

Donkey Kicks x8
Donkey Whips x8
Fire Hydrants x8
Knee Circle Forward x8
Knee Circle Backward x8
Cat Cow x5



SAM, Phase 1, Hard Day

Core Strength

Prone Plank (20 seconds)
Side Plank (20 seconds each side)
Supine Plank (10 seconds)

Hip Strength

Split Squat x5 each leg
Side Walk Squat x5 each leg
Good Morning x8
Bird Dog x5 each side
Clams x8
Reverse Clams x8
Reverse Air Clams x8
Lateral Leg Raise x8 each
(toes in, neutral, and out)

Hip Mobility

Donkey Kicks x8
Donkey Whips x8
Fire Hydrants x8
Knee Circle Forward x8
Knee Circle Backward x8
Cat Cow x5





SAM, Phase 2, Easy Day

Core Strength

Prone Plank x20 sec
Side Plank x20 sec
Supine Plank x10 sec

Hip Strength

Single Leg Bridge x6
Clams x8
Reverse Clams x8
Reverse Air Clams x8
Lateral Leg Raise x8
(toes in, neutral, and out)

Hip Mobility

Donkey Kicks x8
Donkey Whips x8
Fire Hydrants x8
Knee Circles Forward x8
Knee Circles Backward x8
Lower Body Crawl x10
Iron Cross x10
Australian Crawl x10
Iron Cross x10
Groiners x10
Cat-Cow x5 cycles



SAM, Phase 2, Hard Day

Hip Strength - Legs

Skipping Forward w/Arm Raises x30m
Skipping Side to Side w/Arm Swings x30m
Lateral Shuffle w/Arm Swings x10
Forward Walking Lunge x5
Wide Outs x10
Mountain Climbers - Singles In x10
Lateral Lunge x10
Wave Lunge x10

Core Strength

Prone Plank x20 sec
Side Plank x20 sec
Supine Plank x10 sec
Side Plank x20 sec
Prone Plank x20 sec
V-Sit x10 sec
Superman x10
V-Sit x10 sec

Hip Strength

Split Squat x5
Side Walk Squat x5
Good Morning x8
Bird Dog x5
Clams x8
Reverse Clams x8
Reverse Air Clams x8
Lateral Leg Raise x8
(toes in, neutral, and out)

Hip Mobility

Donkey Kicks x8
Donkey Whips x8
Fire Hydrants x8
Knee Circles Forward x8
Knee Circles Backward x8
Lower Body Crawl x10
Iron Cross x10
Australian Crawl x10
Iron Cross x10
Groiners x10
Cat-Cow x5 cycles





SAM, Phase 3, Easy Day

Core Strength

Prone Plank - 30 sec
Side Plank - 20 sec
Supine Plank - 20 sec
Plank with Arm Extension x5
Side Plank with Arm Rotation x5
Supine Plank with Alternate Leg Lifts x5
Plank Forward and Back x10
V-Sit Alternating Bent Knee x5

Hip Strength

Squat with Arm Extensions x10
Double Hip Bridge x10
Clams x8
Lateral Leg Raise x8
(toes in, neutral, and out)
Leg Extensions: Forward and Back x5 (forward, back = 1 rep)
Leg Extension at 45o: Forward and Back x5
(forward, back = 1 rep)

Hip Mobility

Good Mornings x10
Iron Cross x10
Knee to Chest Extension x5
Leg Raise to 90o with Bent Knee x5
Groiners x10
Fire Hydrants x10
Knee Circles Forward x5
Knee Circles Backward x5
Bent Knee Leg Extension x5
In and Out Leg Extension w/Bent Knee x5
Y Pullover x5
Straight Pullover x5



SAM, Phase 3, Hard Day

Hip Strength – Legs

Skipping with Arm Raises x30m
Backward Skipping w/Arm Raises x30m
Lateral Skips w/Arm Swings x30m
Skip-Skip-Lunge x5 each side
A-Skips x5 each leg
Wave Lunge x5 with 30m run out
Wide Out x10 with 30m run out
Speed Skater x10 with 30m run out
Mountain Climbers - Singles In x10 w/30m run out
Mountain Climbers - Singles Out x10 w/30m run out
Lateral Shuffle 45o x5 each direction x30m

Core Strength

Prone Plank x30 sec
Side Plank x20 sec
Side Plank x20 sec (other side)
Supine Plank x20 sec
Plank with Arm Extension x10
Side Plank with Rotation x5 each side
Supine Plank with Alternate Leg Lifts x10
Prone Plank - Forward and Back x10
Supine Plank with Alternate Leg Lifts x10
V-Sit with Alternating Bent Knee x10

Hip Strength

Split Squat with Torso Lean x10
Side Lunge with Twist x5 (down/back)
Straight Leg Deadlift x10 each leg
Inch Worms with Push-Ups x5
Bird Dog - Side Extension x5 each side
Single Hip Bridge x10 each leg
Bridge with Heel Walks x2

Hip Mobility

Iron Cross x10
Knee to Chest Extension x5 each leg
Leg Raise with Bent Knee x5 each leg
Grovers x10
Fire Hydrants x5
Bent Knee Hip Extension x5
Log Rolls x5
Y Pullover x5
Straight Arm Pullover x5





SAM, Phase 4, Easy Day

Core Strength

Prone Plank x30 sec
Side Plank x20 sec
Side Plank x20 sec
Supine Plank x20 sec
Plank with Arm Extension x10
Side Plank with Rotation x5 each side
Supine Plank with Alternate Leg Lifts x10
Plank - Forward and Backward x10
V-Sit Alternating Bent Knee x10

Hip Strength

Squats with Arm Raises x10
Double Hip Bridge x10
Clams x8
Lateral Leg Raise x8 (toes in, neutral, and out)
Leg Extensions: Forward and Back x5
(forward, back = 1 rep)

Hip Mobility

Good Mornings x10
Iron Cross x10
Knee to Chest Extension x5
Leg Raise to 90o with Bent Knee x5
Groiners x10
Fire Hydrants x10
Knee Circles Forward x5
Bent Knee Hip Extension x5
Log Rolls x5 each leg
Y Pullover x5
Straight Arm Pullover x5



SAM, Phase 4, Hard Day

Hip Strength – Legs

Skipping with Arm Raises x30m
Backward Skipping with Arm Raises x30m
Lateral Skips with Arm Crosses x30m
Skip-Skip-Lunge x5 each side
Wide Out x10 with 30m run out
Hops x10 with 30m run out
Speed Skaters x10 with 30m run out
Mountain Climbers - Singles In x10 w/30m run out
Mountain Climbers - Singles Out x10 w/30m run out
Mountain Climbers - Doubles In x10 w/30m run out
Mountain Climbers - Doubles Out x10 w/30m run out
Frog Hops x10

Core Strength

Plank with Arm Extensions x10
Side Plank with Rotation x5 each side
Supine Plank with Alternate Leg Lifts x5 each leg
Plank Rotations - Left Side x10
Side Plank with Leg Lifts x5
V-Sit Flutter Kicks x30 sec
Plank Rotation - Right Side x10
Australian Crawl x20

Hip Strength

Straight Arm Scoops x10
Knee to Chest Walk x10
Walking Hip Rotation x10
Bear Crawl x10m
Side Bear Crawl x5 each direction
Squat Arm Raise w/ Straight Arms x5
Squat Arm Raise with Y Arms x5
Double Hip Bridge x10, then 10 sec hold

Hip Mobility

Iron Cross x10
Knee to Chest Extension x5
Leg Raise with Bent Knee x5
Groiners x10
Fire Hydrants x5
Bent Knee Hip Extension x5
Log Rolls x5
Y Pullover x5
Straight Arm Pullover x5





SAM, Phase 5, Hard Day

Leg Strength

Skipping Forward w/Arm Raises x30m
Skipping Backward w/Arm Raises x30m
Skipping Side to Side w/Arm Swings x30m
Skip-Skip-Lunge x30m
Pogo Hops x5 with 30m run out
Speed Skaters x5 with 30m run out
Squat Jump x5 w/shallow landing then 30m run out
Side Squat Jumps x5 each side w/30m run out
Frog Hops x10
Bounding x10, down and back

Hip Strength

Walking Straight Leg Sweeps x5, down and back
Knee to Chest Walk x5 leg, down and back
Walking Hip Rotations x5 each leg, down and back
Wave Lunges w/Rotations - 3 Lunges x8 Rotations
Side Haybales x5 each side

Core Strength

Front Plank with Alternating Arm Lifts x30 sec
V-Sit Scissor Kick x30 sec
Single Leg Hip Bridge x5, then 20 sec hold
Front Plank with Hip Abduction x30 sec
V-Sit Flutter Kick x30 sec

Hip Mobility

Straight Leg Forward and Back x5
Side to Side Straight Leg x5
Forward and Back with Bent Knee x5
Side to Side with Bent Knee x5
Forward Hurdle Trail Leg x5
Backward Hurdle Trail Leg x5
Forward Straight Leg Circles x5
Backward Straight Leg Circles x5



Core X

(30 seconds each)

Running V Sit
Australian Crawl
V Sit Flutter Kicks
Side Plank Leg Lift
Supine Plank Leg Lift
2nd Side Plank Leg Lift
Superman
Push Up Into Side Plank
V Sit Scissor Kicks
Rockies (sets of three)

