

RIVER NATION

CROSS COUNTRY

DRILL ROUTINES

Pre-Run Lunges and Leg Swings

Complete first thing before every run, including races

1. Forward Lunge - 5x each leg
2. Forward Lunge with twist - 5x each leg
3. Lateral Lunge - 5x each leg
4. Backwards and to the Side - 5x each leg
5. Backwards Lunge - 5x each leg
6. Back and Forth Leg Swings - 10x each leg
7. Side to Side Leg Swings - 10x each leg
8. Hurdle Trail Leg Forward - 10x each leg
9. Hurdle Trail Leg Backward - 10x each leg
10. Bent Knee Side to Side - 10x each leg
11. Bent Knee Back and Forth - 10x each leg

Short Warm Up Drills

Complete each exercise in each phase after a short gentle run and before the workout or race.

Phase I: Walking Drills

Each drill is completed for 20 meters

1. Knee Hugs
2. Shin Pulls
3. Quad Stretch
4. Hamstring Series

Phase II: Skipping Drills

Each drill is completed for 30 meters, followed by a 30 meter stride back to the start

5. Skip with Arm Raises
6. Backwards Skip with Arm Raises
7. Side Skip with Arm Circles
8. Side Skip with Arm Circles - other direction
9. Skip Skip Lunge
10. Ankling
11. A-Skip
12. B-Skip
13. A-Run

Phase III: Accelerations

Accelerate to 400m race pace for 50 meters, followed by a gentle run back to the start

14. 50m Build Up to 85% Effort
15. 50m Build Up to 90% Effort

Full Warm Up Drills

Complete each exercise in each phase after a short gentle run and before the workout or race.

Phase I: Walking Drills

Each drill is completed for 20 meters

1. Heel Walks
2. Toe Walks
3. Knee Hugs
4. Shin Pulls
5. Quad Stretch
6. Hamstring Series

Phase II: Skipping Drills

Each drill is completed for 30 meters, followed by a 30 meter stride back to the start

7. Skip with Arm Raises
8. Backwards Skip with Arm Raises
9. Side Skip with Arm Circles
10. Side Skip with Arm Circles - other direction
11. Skip Skip Lunge
12. Ankling
13. A-Skip
14. B-Skip
15. A-Run

Phase III: Mechanics Drills

Jog while focussing on each drill for 30 meters

16. Run Tall - Chest up, hips forward
17. Arm Swing - Arms close to body, swinging forward
18. Leg Swing - Heel to butt, pull through, strike below hips
19. Cadence - Light steps, fast turnover
20. Relax - relax jaw and shoulders while thinking about each

Phase IV: Accelerations

Accelerate to 400m race pace for 50 meters, followed by a gentle run back to the start

21. 10 Wave Lunges and Accelerate
22. 10 Mountain Climbers and Accelerate
23. 10 Hops and Accelerate