

Cross Country/Track-Distance

Lower Body Navy Seals Program

Slow, controlled, with proper form is of utmost importance in any strength and conditioning program. You should start out with your own body weight only and progress up to 5 pound weights in each hand when the routine becomes not challenging enough anymore, then up 5 pounds in each hand more from there. At any time do not lock the knees when going through different motions. Initially, you may have to lessen the number of repetitions to what is challenging enough for you. This program will take place not long after returning from running workout, and is a lower body strengthening complement to the lower muscles primarily used in running, and prevent injuries from these imbalances. Light stretching for 10-15 minute stretching should take place afterwards as recovery.

(Recoveries between sets 30 seconds on downward to 10 seconds)

1. Calf Raises - 30 (you may need a fence to help balance and stabilize proper form)
2. 90 Degree Bend Deep Squats - 30 (arms straight out in front - do not lock out knees)
3. Calf Springs - 50 (hopping like in jumping rope - do not over extend and spring too high)
4. Gluteus Strengthening - 15 each side and 15 count superman pose
5. Switch Lunges - 15 each leg (in place)
6. Calf Raises - 25
7. 90 Degree Bend Deep Squats - 30
8. Calf Springs - 50
9. Gluteus Stengthening - 30 each side
10. Switch Lunges - 15 each leg