

# GOHS XC Prehab and Strength Routines

2 graduating GOHS XC runners helped to make videos of the prehab and strength routines we use most often in the GOHS XC program. This will make it easier for newer runners to use the routines on their own and become familiar with them outside of team practices. The descriptions are brief. Watching the short videos will be the most helpful.

Routine	Instructions	Link
<p><b>Balance</b></p>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the time segments slightly each week.</b></p> <p><b><u>Standing Alphabet</u></b> -Stand with hips balanced (one not higher than the other) and “write” all the letters of the alphabet with one straight leg/foot. Do the same with the other leg.</p> <p><b><u>One Foot with Knee Bent</u></b> -Stand with hips balanced and one knee held at 90 degrees. Balance for 15 seconds. Switch to other leg. -Then cover one eye and balance for 15 seconds. Switch to other leg. -Cover the other eye and balance for 15 seconds. Switch to other leg. -Close both eyes and balance for 15 seconds. Switch to other leg.</p> <p><b><u>Front Scale</u></b> -Lean forward on one leg while holding the other leg up behind you and balance for 15 seconds. Both hands are held like “uprights”. Switch to other leg.</p> <p><b><u>Side Scale</u></b> -Lean to the side on one leg while holding the other leg out to the side and balance for 15 seconds. Both hands are held like “uprights”. Switch to other leg.</p> <p><b><u>Back Scale</u></b> Lean back on one leg while holding the other leg straight in front of you and balance for 15 seconds. Both hands are held like “uprights”. Switch to other leg.</p> <p><b><u>Runners Form</u></b> -Stand on one leg and pull the other knee up to 90 degrees. Foot should move up, around, and down in good running form. Do 10 repetitions, gradually speeding up. Switch to other leg.</p>	<p><a href="https://drive.google.com/file/d/1Tvxdis9hA6WBBpEA554Vk6izTjBZ70UU/view?usp=sharing">https://drive.google.com/file/d/1Tvxdis9hA6WBBpEA554Vk6izTjBZ70UU/view?usp=sharing</a></p>
<p><b>Sand</b></p>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the number of repetitions across the sand.</b></p> <p>This routine is used in sand, so it will not be completely clear what is happening from the video. We will use this routine as a group to prepare for surfaces, like sand or mud, which aren't as stable. <b>**This routine is done without shoes!!</b></p> <p><b><u>Stationary Jumps</u></b> -Standing jumps with both legs and then with each leg separately. -10 jumps in each position</p> <p><b><u>Toe Walks:</u></b> Walk across the sand on your toes. <b><u>Heel Walks:</u></b> Walk across the sand on your heels. <b><u>Walk Forward - Feet Out:</u></b> Walk across the sand with your feet pointed outward. <b><u>Walk Forward - Feet In:</u></b> Walk across the sand with your feet pointed inward. <b><u>Walk Forward - Ankles Rolled Out:</u></b> Walk across the sand with your ankles rolled outward. <b><u>Walk Forward - Ankles Rolled In:</u></b> Walk across the sand with your ankles rolled inward. <b><u>Foot Crawls:</u></b> Scoot across the sand with both feet staying together and in the sand.</p>	<p><a href="https://drive.google.com/file/d/12-W3CBVgedyY6M0mI3D_Bw6BccIM9nat/view?usp=sharing">https://drive.google.com/file/d/12-W3CBVgedyY6M0mI3D_Bw6BccIM9nat/view?usp=sharing</a></p>

<b>Lunge Matrix</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the number of repetitions of each exercise on each leg.</b></p> <p><u>Forward Lunge</u>: 10 on each leg. Good form - knee does not go beyond toe.  <u>Forward Lunge with Twist</u>: 10 on each leg. Twist TOWARD the knee.  <u>Side Lunge</u>: 10 on each side.  <u>Diagonal Lunge</u>: 10 on each side.  <u>Backward Lunge</u>: 10 on each side.  <u>Backward Lunge with Twist</u>: 10 on each side.</p>	<a href="https://drive.google.com/file/d/1FabJctZXbkl4jWtEAFJS1U2v-SLdcwY/view?usp=sharing">https://drive.google.com/file/d/1FabJctZXbkl4jWtEAFJS1U2v-SLdcwY/view?usp=sharing</a>
<b>Plank Matrix</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the hold time for each plank slightly each week.</b></p> <p><u>Prone (Forward) Elbow Plank</u>: 15 seconds  <u>Left Side Elbow Plank</u>: 15 seconds  <u>Supine (Back) Elbow Plank</u>: 15 seconds  <u>Right Side Elbow Plank</u>: 15 seconds  <u>Prone (Forward) Hand Plank</u>: 15 seconds  <u>Left Side Hand Plank</u>: 15 seconds  <u>Supine (Back) Hand Plank</u>: 15 seconds  <u>Right Side Hand Plank</u>: 15 seconds</p>	<a href="https://drive.google.com/file/d/12Jg5Kzo_YucCDncK1UMBrRz_GQNVGuS/view?usp=sharing">https://drive.google.com/file/d/12Jg5Kzo_YucCDncK1UMBrRz_GQNVGuS/view?usp=sharing</a>
<b>Ankle Matrix</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the hold time or number of reps for each exercise slightly each week.</b></p> <p><u>Ski Jumper Lean</u>: 15 seconds  <u>Ski Jumper Lean with Knee Lift</u>: 10 each side  <u>Foot Rockers</u>: 10; Rock frontward and backward  <u>Star Touches</u>: Touch the toes of one foot as if pointing to the numbers on a clock. Start with 12 and go to 9 and then reverse back to 12. Do on both sides.  <u>Dorsiflex (Calf Stretch)</u>: 15 seconds  <u>Toe Curls</u>: 10 times - both feet at the same time.</p>	<a href="https://drive.google.com/file/d/1RoYVIR87UbJHVW9XDGIut1wkMGFrn94s/view?usp=sharing">https://drive.google.com/file/d/1RoYVIR87UbJHVW9XDGIut1wkMGFrn94s/view?usp=sharing</a>
<b>Mini Strength Routine #1</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the count for each exercise slightly each week.</b></p> <p><u>L-ups</u>: 10  <u>V-ups</u>: 10  <u>Roll-up to the Sky</u>: 10  <u>Running V-sit</u>: Count to 10; similar amount of time as last 3 exercises  <u>Flutter Kick V-sit</u>: Count to 10; similar amount of time as last 3 exercises  <u>Scissor Kick V-sit</u>: Count to 10; similar amount of time as last 3 exercises  <u>Big 10 (Push-ups/Regular Crunches)</u>: 10 Push-ups, 10 Crunches, 9 Push-ups, 9 Crunches...1 Push-up, 1 Crunch **Knee Push-ups OK.</p>	<a href="https://drive.google.com/file/d/1m5LbNQZc8uKVn22bGlqOa9CB48VlyEWQ/view?usp=sharing">https://drive.google.com/file/d/1m5LbNQZc8uKVn22bGlqOa9CB48VlyEWQ/view?usp=sharing</a>
<b>Mini Strength Routine #2</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the number of reps for each exercise slightly each week.</b></p> <p><u>Prisoner Squats (Normal/Toes on way up/Toes while down)</u>: 10 each type  <u>Single Leg Squats(Knee up/Straight Leg/Knee up and back)</u>: 10 each side  <u>Mountain Climbers (SL/Double/Jumping Jacks/Alternating Side Kicks)</u>: 10  <u>Double Leg Eagles (also called metronomes or windshield wipers)</u>: 5 to each side  <u>Russian Twists</u>: 10  <u>Hip Bridges(Double Leg/Single Leg)</u>: 10 each  <u>Big 10 (Push-ups/Ankle Touch Crunches)</u>: 10 Push-ups, 10 Crunches, 9 Push-ups, 9 Crunches...1 Push-up, 1 Crunch **Knee Push-ups OK.</p>	<a href="https://drive.google.com/file/d/1sNsAcOoOuwe1xwx1gZUDF4I3yrnhpue7/view?usp=sharing">https://drive.google.com/file/d/1sNsAcOoOuwe1xwx1gZUDF4I3yrnhpue7/view?usp=sharing</a>

<b>Mini Strength Routine #3</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the number of reps for each exercise slightly each week.</b></p> <p><u>Donkey Whip</u>: 10 each side  <u>Single Leg Lift</u>: 10 each side  <u>Lateral Leg Lifts (Parallel/Heel up/Toe up)</u>: 10 of each on each side  <u>Clams (Forward and Reverse - Knees together and apart)</u>: 10 of each kind on each side.  <u>Tuck Jumps</u>: 10  <u>Calf Raises(feet parallel/toes out/toes in)</u>: 10 times - both feet at the same time.  <u>Big 10 (Push-ups/Regular Crunches)</u>: 10 Push-ups, 10 Crunches, 9 Push-ups, 9 Crunches...1 Push-up, 1 Crunch **Knee Push-ups OK.</p>	<a href="https://drive.google.com/file/d/14FTmSPZhaaxKW2NlthwrDHqK-5YWjCiJ/view?usp=sharing">https://drive.google.com/file/d/14FTmSPZhaaxKW2NlthwrDHqK-5YWjCiJ/view?usp=sharing</a>
<b>Mini Strength Routine #4</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the number of reps for each exercise slightly each week.</b></p> <p><u>Single Leg Lift (also called Straight Leg Lift on Knee)</u>: 10 each side  <u>Straight Leg Circles on Knee</u>: 10 each side  <u>Donkey Kicks</u>: 10 each side  <u>Push-ups (Normal/Diamond/Wide)</u>: 5 each type  <u>Superman(Double Arm-Leg/Single Arm-Leg)</u>: 10 each  <u>Lower Back Extensions</u>: 10 times  <u>Swimmers(Arms/Legs)</u>: 10 of each  <u>Rounders</u>: 10 times</p>	<a href="https://drive.google.com/file/d/10iwl2mxWhTd9i83S1_nHccxv0yqGaf2j/view?usp=sharing">https://drive.google.com/file/d/10iwl2mxWhTd9i83S1_nHccxv0yqGaf2j/view?usp=sharing</a>
<b>Mini Strength Routine #5</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the hold time or number of reps for each exercise slightly each week.</b></p> <p><u>Prone Elbow Plank</u>: 15 seconds  <u>Elbow Plank with Straight Leg Raise</u>: 10 each side  <u>Prone Hand Plank</u>: 15 seconds  <u>Hand Plank with Straight Leg Raise</u>: 10 each side  <u>Walkout Push-ups</u>: 5  <u>Supine Elbow Plank</u>: 15 seconds  <u>Elbow Plank with Straight Leg Raise</u>: 10 each side  <u>Side Plank</u>: 15 seconds  <u>Side-ups</u>: 10 each side  <u>Sit-ups</u>: 10</p>	<a href="https://drive.google.com/file/d/14IUUnTnZAYDGyh9maZfZcSjYxLOZDnNte/view?usp=sharing">https://drive.google.com/file/d/14IUUnTnZAYDGyh9maZfZcSjYxLOZDnNte/view?usp=sharing</a>
<b>Core HIIT #1</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the number of reps for each exercise slightly each week.</b></p> <p><u>Push-ups</u>: 10  <u>Supine Flutter Kicks</u>: Count to 10  <u>Burpee (no push-up)</u>: 10  <u>Crunches</u>: 10  <u>Line Jumps</u>: Count to 10</p>	<a href="https://drive.google.com/file/d/1aFCoDU2VQG1F7uftC9SQy3njFRJO5fJt/view?usp=sharing">https://drive.google.com/file/d/1aFCoDU2VQG1F7uftC9SQy3njFRJO5fJt/view?usp=sharing</a>
<b>Core HIIT #2</b>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the number of reps for each exercise slightly each week.</b></p> <p><u>Start Jumps</u>: 10  <u>Toe Touches</u>: 10  <u>Mountain Climbers</u>: count to 10</p>	<a href="https://drive.google.com/file/d/1gxRWlHs28yA6_RL4ggfHmimKVT00clrU/view?usp=sharing">https://drive.google.com/file/d/1gxRWlHs28yA6_RL4ggfHmimKVT00clrU/view?usp=sharing</a>

	<p><b><u>Jump-Squat-Touch:</u></b> 10  <b><u>Bicycle Crunch:</u></b> 10</p>	<p><a href="https://drive.google.com/file/d/14RgVkeXCICkmy6u7q5-FmtWaoZqBiiyS/view?usp=sharing">w?usp=sharing</a></p>
<p><b>Core HIIT #3</b></p>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the number of reps for each exercise slightly each week.</b></p> <p><b><u>Squats:</u></b> 10  <b><u>Russian Twists:</u></b> Count to 10  <b><u>Jumping Lunges:</u></b> 10  <b><u>Bear Crawls (5 forward and 5 back):</u></b> 3 times  <b><u>Jumping Jacks:</u></b> 10</p>	<p><a href="https://drive.google.com/file/d/14RgVkeXCICkmy6u7q5-FmtWaoZqBiiyS/view?usp=sharing">https://drive.google.com/file/d/14RgVkeXCICkmy6u7q5-FmtWaoZqBiiyS/view?usp=sharing</a></p>
<p><b>Band Strength Routines</b></p>	<p><b>Do 3 sets of this routine. To make the routine more challenging, increase the number of reps or the strength of the band for each exercise.</b></p> <p><b><u>Lateral/Monster Walks:</u></b> Do both. Walk 10-20 steps each direction.  <b><u>Clamshells:</u></b> 10 of each type on each side  <b><u>Squats/Squat Pulses:</u></b> 10 of each  <b><u>Standing Kickbacks/Standing Hip Abduction:</u></b> 10 of each on each side  <b><u>Lying Leg Extensions/Single Leg Press:</u></b> 10 each leg  <b><u>Hip Bridges (DL and SL):</u></b> 10 of each on each leg  <b><u>Plank with Toe Taps/Plank with Leg Lift:</u></b> 10 of each on each leg  <b><u>Slo-Motion Mountain Climbers:</u></b> 10 each leg  <b><u>Standing Row:</u></b> 10  <b><u>Banded RDL:</u></b> 10  <b><u>Assisted V-Sit:</u></b> 10  <b><u>Fire Hydrant:</u></b> 10 each leg</p>	<p>Link to document describing exercises:</p> <p><a href="https://docs.google.com/document/d/1MlxgTcP8qoE7GbY0zCRCWXAqdC9UIVtwgn8UHYO08PA/edit?usp=sharing">https://docs.google.com/document/d/1MlxgTcP8qoE7GbY0zCRCWXAqdC9UIVtwgn8UHYO08PA/edit?usp=sharing</a></p>

Generic Full Body Body-Weight or Weighted Workout:

## At Home Strength Training Workout for Runners

- Squats x 25
- Lunges (alternating legs) x 20
- Side Lunges (alternating legs) x 20
- Jump Squats x 25
- Jump Lunges x 25
- Sumo Squat Pulses x 20
- Leg Lifts (on back – alternating legs) x 40
- Left Side Leg Lifts x 20
- Right Side Leg Lifts x 20
- Leg Lifts (on stomach – alternating legs) x 40
- Bridge Hip Lifts x 20
- Bridge Hold x 30 seconds
- Single Leg Bridge Lifts x 10 (each leg)
- Single Leg Bridge Hold x 10 seconds (each leg)
- Clamshells x 20 (each side)

- Superman Lifts x 20
- Superman Hold x 30 seconds
- Bosu Ball Leg Extensions x 20
- Donkey Kicks (alternating legs) x 20
- Straight Leg Sit Ups x 20
- V Sits x 20
- Raised Leg Sit Ups x 20
- Russian Twists x 40
- Elbow Plank x 60 seconds
- Side Plank x 30 seconds (each side)
- Tricep Dips x 20
- Bicep Curls x 20
- Forward Extension x 20
- Tricep Extension x 20

Generic Full Body Dumbbell Workout:

## **20 Minute Strength Training Dumbbell Workout for Runners**

### **Dumbbell Workout Set 1: Arms**

- **Bicep Curls x 15**
- **Shoulder Press x 15**
- **Tricep Extensions x 15**
  - **Repeat all 3 times**

### **Dumbbell Workout Set 2: Core**

- **Weighted Situps x 15**
- **Plank with Row x 15**
  - **Repeat all 3 times**

### **Dumbbell Workout Set 3: Legs**

- **Weighted Squats with Press x 15**
- **Sumo Squats with Swing x 15**
- **Weighted Walking Lunges x 15**
  - **Repeat all 3 times**