

Eagan Track **Conditioning Workouts**

Daily Warm-Up

Continually repeat the following exercises for 5 minutes total and then complete any needed additional stretching before starting the Workout of the Day.

- * Alternating Lunges - 5 reps each side
- * Cat Cows - 10 reps
- * Sit-Ups - 10 reps
- * Push-Ups - 5 reps
- * Air Squats - 10 reps

Daily Cool-Down

Spend 5-10 minutes stretching

Here are a few links to different websites with options for stretching:

<https://www.healthline.com/health/fitness-exercise/essential-runner-stretches>

<https://www.medicalnewstoday.com/articles/326799#standing-quad>

<https://www.verywellfit.com/essential-post-run-stretches-2911936>

CORE WORKOUTS

Option 1 → 4 Rounds - 20 plank taps, 20 Butterfly Kicks, 40 sit-ups, 20 bird-dogs

Option 2 → 1 minute plank, 30 Mason Twists, 25 Buzzsaws, 1 minute Plank, 25 Full Sit-ups, 30 Tricycles, 1 minute Plank (2 sets)

Option 3 → 50 crunches, 40 toe touches, 30 bicycles, 20 Leg Lifts (3 sets)

Option 4 → 3 sets - 15 leg raises + hip lift, 15 straight leg jackknife, 20 raised leg situps + twist, 15 bent leg jackknife, 15 hiplift, 20 raised leg situps

Option 5 → 4 sets - 30 tricycles, 20 bird-dogs, 30 mason twists

Option 6 → 20's Core Workout- 20 Kneeling Bird Dogs, 20 Elbow Plank Reaches, 20 Superman's, 20 Leg Lifts, 20 Standing Bird Dogs, 20 Side Leg Lifts (total-10 each side) (Repeat 20 times, just kidding, only twice)

Option 7 →

4 rounds

- * 10 side plank toe touches (each side)

(Here is a video on how to do these <https://www.youtube.com/watch?v=vc-faCA7vUc>)

- * 10 inchworm push-ups
- * 15 tricycles (each side)
- * 1 minute front plank

Option 8 →

- * 4 sets --> alternate - 10 supermans, 20 sit-ups
- * 10 Buzzsaws
- * 4 sets --> alternate - 10 hip raise, 20 mason twists
- * 10 Buzzsaws
- * Front Plank x 1 min
- * Left Side Plank x 1 min
- * Right Side Plank x 1 min

Option 9 →

Keep repeating these 3 exercises and get in "As Many Reps As Possible" until you reach 10 minutes
20 bicycles, 10 push-ups, 20 russian twists

Option 10 →

- Repeat 3 times
- 40 Tricycles
 - 1 minute front Plank
 - 2 x 45 second side planks (one on each side)
 - 40 windshield wipers
 - 40 sprinter sit-ups
 - 20 V-Ups
 - 20 Side Planks Taps ([Click Here](#) for a video on how to do these)

CIRCUIT WORKOUTS

Option 1

- 15-14-13-12 ... 1
- * Burpees with a push-up
- 30-28-26-24 ... 2
- * Reverse Lunges
 - * Sit-Ups
 - * Air Squats

Option 2

--> 8 Rounds

- * 400M Run (or 90sec cardio... burpees, Mtn Climbers, Jumping Jacks, Jup Rope)
- * 15 Thrusters (you can use any sort of weighted object.. dumbell, kettlebell, medicine ball, can of soup, jug of juice, jug of salt from garage... be creative!) Here is a video of the exercise:
<https://www.youtube.com/watch?v=mxCq5Wyr73U>
- * 30 Mason Twists (with same weighted object you used for thrusters)

Option 3

7 rounds

3 minute AMRAP, 1 minute rest

* 20 Overhead Squats (these are really good for balance and core stability both of which are very important for good running form :) ... really focus on a good quality depth squat with the broom, hockey stick or PVC locked out overhead

* 10 Inchworm Push-Ups

* 30 Tricycles

* 30 Jumping Lunges

Option 4

5 rounds

* 80 Jump Ropes

* 60 Lunges

* 40 Sit-Ups

* 20 Push-Ups

Option 5

* 40 * 30 * 20 * 10 *

Burpees/Sit-Ups

* 100M Walking Lunge (approximately 80-90 walking lunges per 100M)

So you start with a 100M walking lunge and 40 burpees/40 sit-ups, then another 100M walking lunge and 30 burpees/30 sit-ups ... keeping going down the rep scheme and then you finish with a final 100m walking lunge after your round of 10... it will be a LEG BURNER :)

Option 6

Timed Circuit- 1 minute each exercise (3 sets)

*Burpees

*Pushups

*Jump Squats

*Russian Twists

*Star Jumps (start in a squatting position with your hands on your feet and then leap out of this position into a jumping jack)

*Leg Lifts

*Mountain Climbers

*Inch Worms

*Plank Up-Downs (Keep back flat and alternate between a plank from your elbows to a high plank from your hands)

*Skater Hops (Similar to a curtsy lunge but you jump and tap the opposite side on the ground each time)

Option 7

AMRAP #1 (12 min) AMRAP = "as many rounds as possible" in the given time!

1. Squats x 10
2. Buzzsaw x 15
3. Mountain Climbers x 10
4. Leg Lifts x 15

AMRAP #2 (12 min)

1. Forward Lunges x 10 each
2. Push-ups x 15
3. Pulse Squats x 20
4. Dips x 15

Option 8

EMOM (every minute on the minute... rest until the end of the minute once you have completed the given exercise!) Do each combo of exercises for 5 minutes!!

Minutes 1-5 --> 10 push-ups, 10 jump squats

Minutes 6-10 --> 20 lunges, 5 burpees

Minutes 11-15 --> 10 grasshoppers, 15 sit-ups

Minutes 16-20 --> 20 Jumping Jacks, 5 dips

Minutes 21 - 25 --> 10 popjacks, 10 supermans

Minutes 26 - 30 --> 20 fast Mtn Climbers, 10 Tricycles

Option 9

Do the following set with minimal recovery, rest for 30 seconds and begin the set again for a total of two sets.

12 squats, 12 mountain climbers, 12 tricep push-ups, 12 burpees, 12 side plank dips (right side), 12 glute bridges, 12 side plank dips (left side), 12 forearm plank jacks, 12 push ups, 12 sit ups, 12 forward lunges, 12 buzzsaws

Option 10

*5 rounds

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|-------------------------|----------------------|
| 1. 10 jump lunges | 6. 20 calf raises |
| 2. 10 burpees | 7. 30 Russian twists |
| 3. 10 jump squats | 8. 30 jumping jacks |
| 4. 20 sit ups | 9. 30 curtsy lunges |
| 5. 20 mountain climbers | 10. 1 minute plank |

Option 11

25 minute AMRAP

- *10 burpees
- *20 push-ups
- *30 sit-ups
- *40 lunges
- *50 squats

Option 12

For Time (no rest in between rounds)

- * Round 1 = 10 burpees
- * Round 2 = 10 burpees - 25 push-ups
- * Round 3 = 10 burpees - 25 push-ups - 50 lunges
- * Round 4 = 10 burpees - 25 push-ups - 50 lunges - 100 sit-ups
- * Round 5 = 10 burpees - 25 push-ups - 50 lunges - 100 sit-ups - 150 air squats

Option 13

30 minute AMRAP (complete as many rounds as possible)

- * 10 burpees
- * 10 V-Ups
- * 10 Curtsey Lunges (5 each side)
- * 25 Jumping Jacks

Option 14

12 rounds For Time:

- * 50 Jumping Jacks
- * 5 burpees (with a push-up)

Option 15

Do each set as an AMRAP for 8 minutes, run stairs twice in between each set

SET 1 = 10 Curtsey Lunges, 10 Plank Toe Touches, 20 V-Ups

SET 2 = 10 Hot Potatoes, 10 Suitcase Squats, 20 Push-Ups

SET 3 = 10 Pop Jacks, 10 Burpees, 20 Leg Lifts

Option 16

10 Burpees
50 Air Squats
10 Burpees
40 sit-ups
10 Burpees
30 Lunges (alt legs - 30 each leg)
10 Burpees
20 Mountain Climbers
10 Burpees
10 Inchworms
10 Burpees
20 Mountain Climbers
10 Burpees
30 Lunges (alt legs - 30 each leg)
10 Burpees
40 sit-ups
10 Burpees
50 Air Squats
10 Burpees

Option 17

15/13/11/9/7/5/3/1

Sprawls
Jump lunges
Mtn. Climbers
Push-ups
Dips
Toe-touches
Leg lifts
Sprinter sit-ups

Option 18

100 Workout

100 Reverse Lunges
90 Crunches
80 Squats
70 Leg lifts
60 Reverse Lunges
50 Crunches
40 Squats
30 Leg Lifts
20 Push-ups
10 Calf Raises

Option 19

60-50-40-30-10

- * Lunges (total # so half on each side for example on 60 round you do 30 lunges on each side)
- * Weighted Sit-Ups (could use a dumbbell, Kettlebell, medicine ball, box of stuff... be creative with something in your house if you don't have weights :)
- * Jumping Jacks or Jump Rope (If you have one)
- * Grasshoppers --> Here is a [video on how to do a Grasshopper](#) (it is a variation of a Mtn Climber where you have to touch your shin to your elbow each time)
(total # so half on each side for example on 60 round you do 30 grasshoppers on each side)

So for this workout you do each of the 4 exercises 60 times, then each 50 times, and so on...

***** Here is the catch every 5 minutes you stop where you are at and complete 15 burpees then continue with whatever exercise you are on!**

Option 20

6 rounds for time

- * 24 squats
- * 24 push-ups
- * 24 Walking Lunges (12 each side)
- * 24 burpees
- * 1 minute rest

Option 21

30 minutes total-spell out your full name, your friends name etc. until you hit 30 minutes.

- | | |
|---------------------|----------------------|
| A. 50 Jumping Jacks | M. 25 Burpees |
| B. 20 Crunches | N. 30 Crunches |
| C. 30 Squats | O. 20 Dips |
| D. 15 Push-ups | P. 15 Push-ups |
| E. 60 Squat Pulses | Q. 15 Squats |
| F. 10 Burpees | R. 60 Jumping Jacks |
| G. 20 Bicep Curls | S. 10 Crunches |
| H. 20 Squats | T. 20 Push-ups |
| I. 30 Jumping Jacks | U. 20 Leg Lifts |
| J. 15 Crunches | V. 20 Jumps Squats |
| K. 10 Push-ups | W. 20 Lunges (each) |
| L. 50 Squat Pulses | X. 3 min. Wall Sit |
| | Y. 20 Curtsey Lunges |
| | Z. 20 Bicycles |