



2023 Liberty Cross Country Summer Training

Core / Plyometric Workouts

CORE 1

	Plank	Mountain Climbers	Inchworms	Plank to Pushup	Pushups
Sets x Reps/Time	2 x 1:00	2 x :30	2 x 1:00	2 x :30	2 x MAX x .6

CORE 2

	Crunches	V-Ups	Bicycles	Leg Lifts	Pushups
Sets x Reps/Time	2 x 1:00	2 x :40	2 x 1:00	2 x :40	2 x MAX x .8

CORE 3

	Squats	Scissor Kicks	Plank on Left / Right	Russian Twists	Pushups
Sets x Reps/Time	2 x 20 reps	2 x :30	2 x :30 each side	2 x :30	2 x MAX x .6

Plyometrics

	Jump Rope	Front and Backs	Side to Sides	Knee Ups	Single Leg Hops
Sets x Reps/Time	2 x 1:00	2 x 1:00	2 x 1:00	2 x :30	2 x :30 each leg

