

Warm-Up for Cross Country Workouts

Jeff Boelé Warm-Up (Jeff Boelé video)

1. Low skips with arms swinging forward
2. Low skips with arms swinging back
3. Low skips with arms crossing
4. Skip with a twist (360°)
5. Backward walk with a reach
6. Backward skip
7. Butt kicks
8. Side shuffling - down and back
9. Side shuffle w/jumping jack - down and back
10. Carioca - down and back
11. Quick skip - single leg left
12. Quick skip - single leg right
13. Quick skip - alternating leg

Move to fence

1. Forward-backward x 10
2. Side to side x 10
3. Hurdle trail leg forward x 10
4. Hurdle trail leg backward x 10
5. Eagles x 10
6. Side bends x 10

Move to ground

1. Cat-cow (camel-old horse) x 5 cycles
2. Cat-cobra x 5 cycles
3. Reach through and reach up x 8 each side
4. Fire Hydrant x 8 each side
5. Donkey kick x 8 each side
6. Low whips x 8 each side

Go to track/parking lot/field for Sprint Mechanics

Sprint Mechanics

1. A-march
 2. A-skip
 3. B-march
 4. B-skip
 5. Dribbles (walk back)
 6. Dribbles a second time (walk back)
- (Note: if you can't do the dribbles, you can practice by walking them.)

At this point, they can start their run or their workout if it's in Phase 1.

In Phases 2 and 3 they'll do the following strides on workout days.

Strides

2 x 100m (20 seconds) at 5k rhythm, just feeling good.

2 x 150m In-n-Out with the middle 50m at 800m rhythm. Remind the athlete that they'll start the race or workout likely slower than 800m pace. We want these strides as part of the warm-up to make sure race pace feels easy.

At this point the athlete is ready for a race or workout, yet often we'll want a few more strides. These could be 100s to replicate "getting out" in the workout or race, or it could be 100s grooving the rhythm they'll run mid-workout or mid-race.