

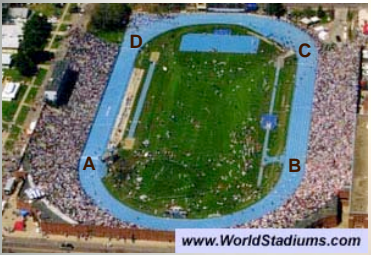
**Creative Training Ideas for
Strength and Endurance
Development on and off
the Course**

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**Creative Strength
Training**



Outdoor Circuit Training



Circuit Options

- 1) 25 jumping Jacks
- 2) Medicine ball catch with sit ups
- 3) 25 push ups
- 4) 50 meters of high knee skips
- 5) 50 meters of backwards running,
- 6) 25 squat jumps
- 7) 60 jump ropes
- 8) 30 second planks (left side, right side and straight)
- 9) 15 leap frogs, walking lunges
- 10) 50 sit ups/crunches (your choice)

The Core

- Everything connects to the mid-section!



The Core!

Core – So important for balance and breathing (especially late in the race). Work the weakest muscles 1st and build towards the largest (ex. working lower abs to upper).

The core is a tube with every aspect needing training. Without adequate lower back and oblique training, front abs will be out of balance and work less efficiently.

Core Details

1. Sit Backs

- Sit with your knees bent; feet flat, hip-width apart. Hands should be on the floor with your palms near your hips. Exhale as you contract your abdominal muscles and roll slowly back, dragging your hands alongside you. Hold the position as you focus on rolling down, one bit at a time.

Core Details- Plank

- Lie facedown, resting on forearms, palms flat on floor. Push off the floor, resting on your elbows and raising up onto your toes. Keep your back flat, creating a straight line from head to feet. Tilt your pelvis and pull in your abs to prevent your bottom from sticking up.



Core details Side Planks

- Not only does it strengthen the abdominal muscles, but also works all the core muscles -- the back, hips, etc.



Core Details- Bicycle

Lie on the floor, fingers laced behind your head. Bring your knees to your chest and raise your head. Extend your left leg parallel to the floor while touching your right elbow to the knee. Then switch sides, "pedaling" from one side to the other. Don't stress your neck.



Core details- Vertical Leg Crunch

Lie on the floor and extend your legs straight up, crossed at the knees. Contract your abs and use them to raise your shoulders off the floor (focus on trying to lift your chest to your feet). Imagine trying to bring your belly button towards your spine at the height of the movement.



Core Details- reverse crunch

Lie on the floor, Bring your knees to your chest, feet together. Contract abs to curl your hips off the floor, reaching your legs towards the ceiling. Lower legs and repeat. Focus on using your abs to lift your hips rather than the momentum of a rocking movement.



Core details

- Oblique Sit Up - With bent knees and hands on chest, sit up and bring opposite elbow to the opposite knee.



Walking Lunges

- Stretches, strengthens, improves stride length and prevents injury.



Squat Jump

Works glutes, hamstrings, quads, and calves
Stand with your feet shoulder-width apart, arms hanging at your sides.
Squat down until your knees are bent about 90 degrees [A]. Immediately swing your arms overhead and jump upward as high as you can [B]. As you land, gently bend your knees and sink back down into the squat position.



The push up!

- 1. Wide arm push-ups (with hands wide apart): Works more on the outer chest and helps stretch the outer lats, bringing out more definition in the wings.
- 2. Close arm pushups (with both hands directly below your shoulders): Works more on triceps and the chest and stretches the middle back if done carefully and slowly.

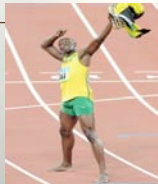
The Push Up

- Form is everything




Creative endurance ideas

1. California Mile or 800 meters
2. Staggered Tempo run
 - a. Team racing
 - b. Individual competitiveness



Creative Endurance Training

3. The lapping contest.
4. The hour of pain.
5. The Nursing home run.
- 6 Know your pace.



Creative Strength and Endurance

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