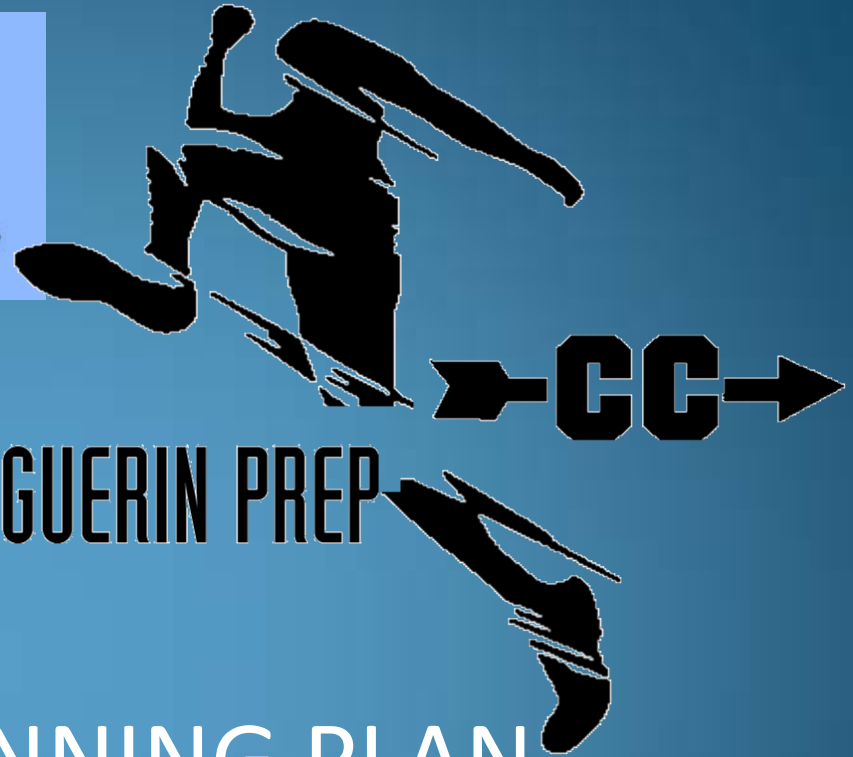


# iRun for



**GP** GUERIN PREP

## PRE – SEASON RUNNING PLAN

VETERAN AND ROOKIE RUN SCHEDULES  
ACTIVE WARM UP EXERCISES  
FASTER IN FIVE LOWER BODY EXERCISES  
CORE STABILTY EXERCISES  
STRENGTH AND BALANCE EXCERCISES

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# VETERAN GATOR XC RUNNER'S PLAN

WEEK	M	T	W	T	F	S	S
1	3 miles plus 5 x strides	Rest	4 miles plus 5 x strides	Rest	4 miles plus 5 x strides	2 to 3 miles; 15-min core workout	Rest
2	3 miles plus 5 x strides	Rest	4 miles with 2 x 5 min at SS intensity; 15-min core workout	Rest	3 miles plus 5 x strides	5 to 6 miles; 15-min core workout	Rest
3	3 miles plus 6 x strides	Rest	4 miles with 3 x 5 min at SS intensity; 15-min core workout	Rest	3 miles plus 6 x strides	6 miles with the last 15 min at SS intensity; 15-min core workout	Rest
4	3 miles plus 6 x strides	Rest	4 miles with 2 x 10 min at SS intensity; 15-min core workout	Rest	3 miles plus 5 x strides	6 miles with the last 15 min at SS intensity; 15-min core workout	Rest
5	3 miles plus 4 x strides	Rest	3 miles; 15-min core workout	Rest	2 miles	2 miles plus 3 x strides	<b>5-K Race</b>

- **VETERAN XC PLAN KEY**
- **Weekly mileage:** Except where noted, all weekly mileage should be run at a perceived effort of 6 out of 10, with 10 being your maximum effort.
- **Strides:** After completing the designated mileage for the day, find a flat, preferably grassy area to perform the strides: Run hard for 20 seconds and recover with easy jogging or walking for 45 seconds.
- **Core workout:** Do a series of basic exercises to strengthen core muscles and improve running posture. For a sample core workout routine, go to [runnersworld.com/core](http://runnersworld.com/core).
- **SS intensity:** Intervals at Steady State Intensity should be run at a perceived effort of 7 or 8 out of 10. Do 5 minutes of easy running between SS intensity intervals.

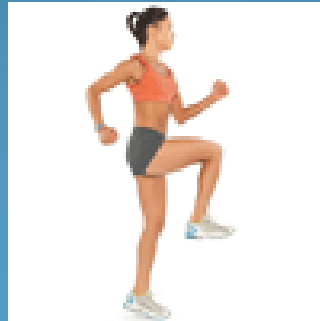
# ROOKIE GATOR XC RUNNER'S PLAN

WEEK	M	T	W	T	F	S	S
1	Walk/ XT 20 min or off	Run 10 min	Walk/XT 20 min or off	Run 15 min	Walk/XT 20 min or off	Rest	Run 2 miles
2	Walk/ XT 20 min or off	Run 15 min	Walk/XT 20 min or off	Run 20 min	Walk/XT 20 min or off	Rest	Run 2.5 miles
3	Walk/XT 30 min or off	Run 20 min	Walk/XT 30 min or off	Run 25 min	Walk/XT 30 min or off	Rest	Run 3 miles (on racecourse if possible)
4	Walk/XT 30 min or off	Run 25 min	Walk/XT 30 min or off	Run 30 min	Walk/XT 30 min or off	Rest	Run 3.5 miles
5	Walk/XT 30 min or off	Run 30 min	Walk/XT 30 min or off	Run 30 min	Walk/XT 30 min or off	Rest	<b>5-K Race</b>

## Active Warmup

Full range of motion in the hips is critical for injury prevention—it lessens the force on your feet, lower legs, and knees, says Cook. Do all or part of this flexibility and drill series (plus Carioka) before every run.

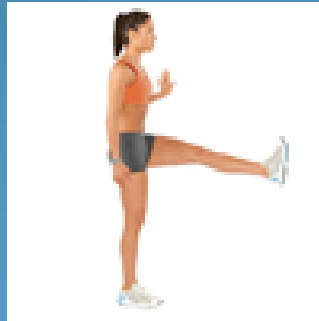
# ACTIVE WARMUP EXERCISE:1



## High Knees

1. As you walk, bring each knee up to waist level, thigh parallel to the ground.
2. Pump arms. Go 20 yards. If doing before speedwork, turn into a skip.

# ACTIVE WARMUP EXERCISE: 2



## Frontal Leg Swings

1. Stand next to a wall, left hand on wall.
2. Flexing your left foot, swing your left leg forward and back. Do 10 reps per leg.
3. Switch to side leg swings: With both hands on wall and a slight bend in left knee, flex left foot upward. Swing left leg to the left, then to the right. Do 10 reps per leg.

# ACTIVE WARMUP EXERCISE: 3



## Donkey Kicks

1. Get on all fours, back flat, and head up.
2. Bring your right knee in toward your torso.
3. Extend right leg upward. Repeat 10 times on each side.

# ACTIVE WARMUP EXERCISE: 4



## Scissors Side to Side

1. Lie on your back. Supporting your hips with your hands, raise your legs straight above you.
  2. Extend legs out to each side.
  3. Draw them in, crossing right leg in front of left.
  4. Extend outward. Draw them in, this time left leg in front of right.
- Do 10 times, then switch to scissors forward and back

# ACTIVE WARMUP EXERCISE: 5



## Scissors Forward and Back

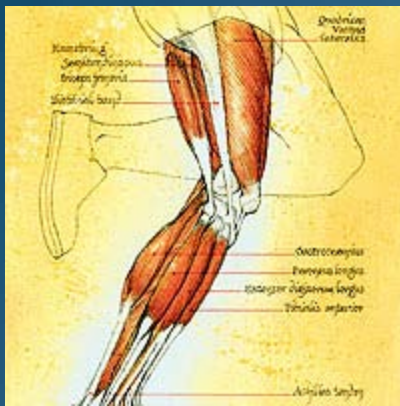
1. Same start as above.
2. Move right leg toward head, left leg forward.
3. Move left leg toward head, right leg forward. Repeat 10 times.

# ACTIVE WARMUP EXERCISE: 6



## Carioka

1. Stand with feet shoulder-width apart.
2. Lift right knee to waist level at a 45-degree angle.
3. Keeping your knee high, rotate your hip so your knee is straight in front of you.
4. Step your right leg in front of your left.
5. Step to the left with your left foot.
6. Step behind your left leg with your right.
7. Step to the left with your left leg. Repeat the sequence for 20 yards, then change directions.



# Faster In Five

## Build speed with these five lower body exercises

Strengthening your lower body is one of the best ways to build speed.

Do these five exercises two or three times a week during base training.

# REQUIRED GATOR XT EXERCISE: 1



## Single-leg Squat

Squat down on one foot until your leg is bent about 50 degrees; push back up. "Keep your hips even, and your knee over your foot," says coach Bob Larsen. Once you've mastered the move, add dumbbells (start with 5 pounds).

**Reps:** 2 sets of 10; build to 3 sets of 12

**Strengthens:** Quads and glutes

# REQUIRED GATOR XT EXERCISE: 2



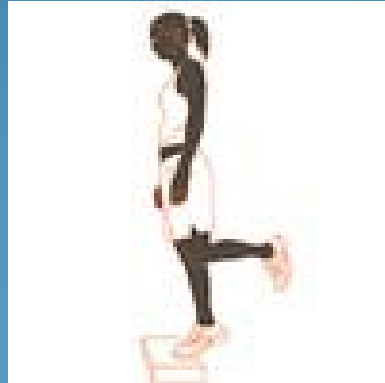
## Balance Run

Stand on a flat-bottomed stability trainer (or a narrow board). Hold light dumbbells (2 to 5 pounds) and swing your arms in a running motion. Keep your knees slightly bent and your abs tight.

**Reps:** 3 sets of 30 seconds

**Strengthens:** Core muscles and hones balance

# REQUIRED GATOR XT EXERCISE: 3



## Heel Raises

Stand on a curb or platform with your heels over the edge. Lift up onto your toes, raise one foot and slowly lower. Once you have the move down, add dumbbells (start with 5 pounds).

**Reps:** 1 set of 8; build to 3 sets of 15

**Strengthens:** Calf muscles and Achilles tendon

# REQUIRED GATOR XT EXERCISE: 4



## Hamstring Push-up

Lie on the floor with your feet on a chair or Swiss ball that's against a wall. Lift your butt off the floor, then lift one leg off the ball. Slowly lower your body to the floor, using the hamstring of the supporting leg.

**Reps:** One set of 8 on each leg; work up to 3 sets of 12

**Strengthens:** Hamstrings

# REQUIRED GATOR XT EXERCISE: 5



## Plank + Lift

From a push-up position, drop onto your forearms. Focus on pulling your abdominals in. Then lift one foot about six inches (keep hips square to the floor), hold for five seconds, and repeat on other side.

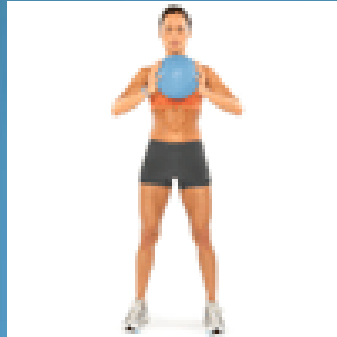
**Reps:** Continue for 60 seconds, build to 3 minutes

**Strengthens:** Core and glutes individually

# Core Stability

Most moves with a medicine ball require some degree of rotation, making it an ideal tool for strengthening your core. Start with the lightest ball available and work your way up. Perform these moves three times a week.

# CORE STABILITY EXERCISE: 1



## Rotating Knee Lift

1. Hold ball at chest height, elbows to the sides. Keep your eyes on the ball and twist to the right.
2. As you rotate back to center, lift your left knee to your waist.
3. As left leg returns to standing, rotate torso to right. Do 10 times.
4. Switch sides. Twist to the left and raise right leg. Over time, increase the thrust of the rotation by concentrating on twisting at the waist.

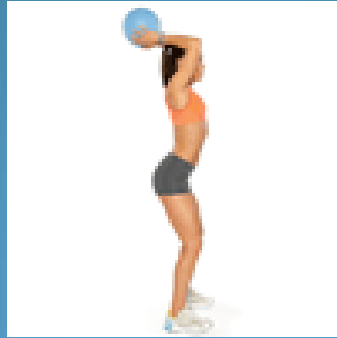
# CORE STABILITY EXERCISE: 2



## Wood Choppers

1. With feet 24 inches apart, extend ball over right shoulder.
2. Lower into a squat, and swing ball to outside of left knee.
3. Rise and swing ball up over your right shoulder, pivoting on the left toe and rotating slightly. Do 10 on each side.

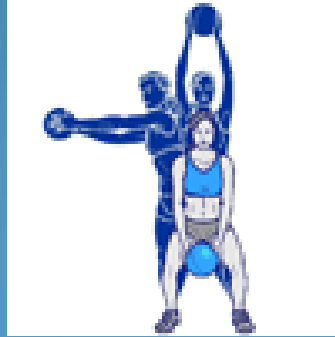
# CORE STABILITY EXERCISE: 3



## Off-the-Wall Toss

1. Get a partner or stand about two feet away from a wall. Hold the ball over your head.
2. Throw it at the wall (or your partner).
3. Catch the return at roughly the same height.
4. Vary the toss and catch: Stand perpendicular to the wall and toss it sideways, twisting to release and catch; stand in place and have your partner toss to you from various angles or do chest passes. Do 10 reps.

# CORE STABILITY EXERCISE: 4



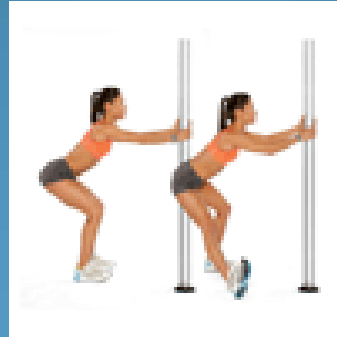
## Big Circles

1. Stand with feet shoulder-width apart, holding ball over your head.
2. Keeping your arms straight and eyes on the ball, gently swing the ball clockwise in a big circle.
3. Squat as ball reaches six o'clock.
4. Rise again as you bring the ball back above your head. Do 10 circles in each direction.

# Strength & Balance

Using your own body weight to resistance-train builds balance and coordination, says Cook. Do the following series twice a week. Do 10 reps of each with no rest between moves. Work up to 15, then two sets of 10.

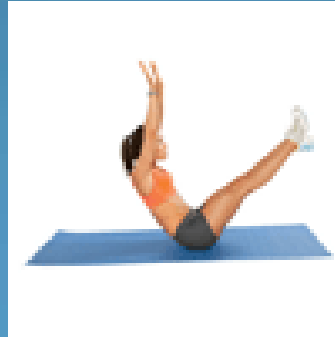
# STRENGTH & BALANCE EXERCISE: 1



## Cossack Extension

1. Hold a pole or banister for balance. Lower yourself into the squat position.
2. Extend your right leg and place your heel on the ground at a 45-degree angle to your body (make sure that your left foot remains grounded).
3. Return to squat position.
4. Extend the left leg. As strength improves, try to start from a deeper squat.

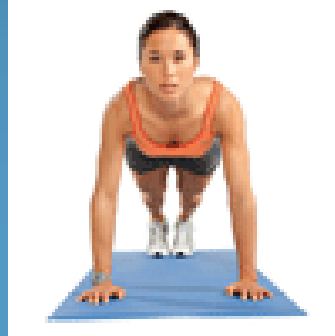
# STRENGTH & BALANCE EXERCISE: 2



## V-Sits

1. Lie flat on the floor, legs together, arms stretched above your head.
2. Raise arms and torso (keep them in line) and legs until your body forms a V.
3. Hold for one count and slowly return to start.

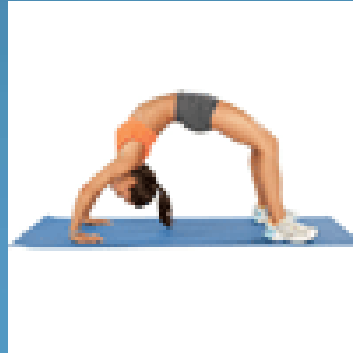
# STRENGTH & BALANCE EXERCISE: 3



## Push-Ups

1. Do them on your knees, if necessary. When you've built enough upper-body strength, move on to the classic variety.

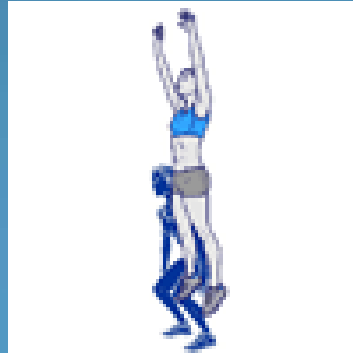
# STRENGTH & BALANCE EXERCISE: 4



## Wrestler's Bridge

1. Lie on your back, knees bent with feet flat on the floor. Place your palms on the ground above your shoulders so your elbows are pointed toward the ceiling and fingers point toward your feet.
2. Push up into a bridge position. Hold for 10 seconds.
3. Slowly lower yourself down, landing gently on your upper back. Build up to holding the position for 30 seconds.

# STRENGTH & BALANCE EXERCISE: 5



## Rocket Jumps

1. Stand with your feet shoulder-width apart, arms at your sides, knees bent in a shallow squat (your thighs should be at roughly a 45-degree angle to the ground).
2. Jump straight up, extending your hands above your head.
3. Land in shallow squat position.