




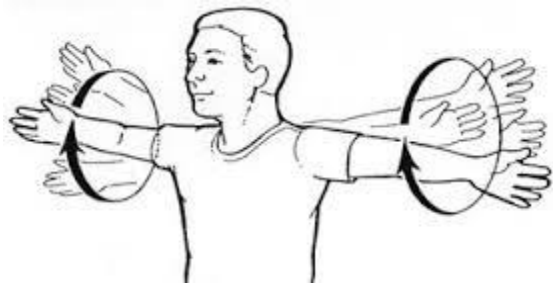
Special Olympics
Cross Country Dry land training

Exercises and Stretches

Let me win.
But if I cannot win,
let me be brave
in the attempt.
- Special Olympics athlete oath

Warm-Up:

1. Run two laps around the gym: run normally then run backwards
2. Line up at side of the room: gallop straight across one way, back facing the other way
3. Run across room doing forward and backwards arm swings
4. Skip across the room, 10 jumping jacks, skip back to the other side, 10 jumping jacks
5. Squats across the gym one way and do lunges on the way back
6. Crossovers-to the end of the gym and back
7. Run forward while doing high knees
8. Run forward while doing butt kicks
9. Walk forwards while doing leg extensions

Warm Up	Key Points
Running	<ul style="list-style-type: none">• Run one lap forwards• Run one lap backwards
Side Shuffle (Agility) 	<ul style="list-style-type: none">• Gallop facing one side of room• Switch sides
Arm Swings (Shoulder Mobility) 	<ul style="list-style-type: none">• Keep arms straight

Skipping and jumping jacks



- Skipping- get knees to 90 degrees

Squats (lower body strength)

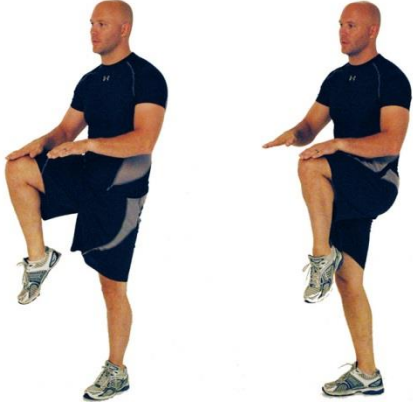

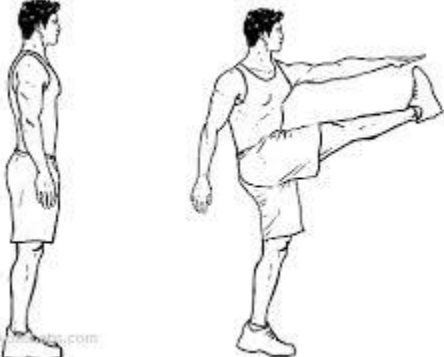


- Squat until knees are 90 to the floor

Crossovers



- Get as low as possible. Cross one foot over the other while travelling. Put your left leg behind the right one and then left leg in front of the right one- continue across gym. Stay low to the ground.



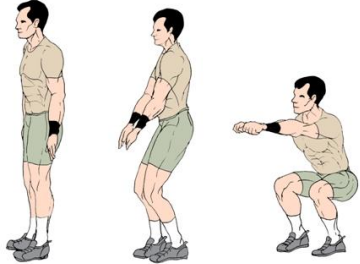

<p>High Knees (lower body strength)</p> 	<ul style="list-style-type: none"> • Knees must touch hands
<p>Butt Kicks (lower body strength)</p>  <p>© Buzzle.com</p>	<ul style="list-style-type: none"> • Leg must lightly tap rear
<p>Leg Extensions (hip flexor flexibility)</p>  <p>Workout.com</p>	<ul style="list-style-type: none"> • Reach as far as you can

X Country Training Exercises:

You will do 3 sets of each exercise with a 30 second break in between exercises, and a minute break at the end of each set. Remember to do a good warm up first (see above)

1. One leg hops-15-20- on each side
2. Stork stand balance- as long as possible, max 60 seconds
3. Squat and hold-15
4. V-up -15-30 reps
5. Two leg hops-30 reps

} x3

Exercise	Key Points
<p>One legged hops</p> 	<ul style="list-style-type: none"> • Hop uphill or on a flat surface on one leg, keeping contact with the ground to a minimum. Alternate right and left legs • Aim for 15 reps on each side
<p>Stork stand balance</p>  <p>Squat and hold</p> 	<ul style="list-style-type: none"> • Stork stand balance: Get into the position, arms out and one leg up touching the other knee. • Hold this for as long as possible • If you can do this, raise arms to make it more difficult • If you can do this, tip forward and hold –similar to the picture B • Hold as long as possible or 60 seconds max. Make sure to challenge yourself- doing the hardest version you can do • Squat and hold: Get into a low squat, hold for 5 seconds and jump or step up to standing. Repeat 15 times. Make sure your knees are 90 degrees when in the squat
<p>V-up (core strength)</p> 	<p>V- ups:</p> <ul style="list-style-type: none"> • Start sitting with feet flexed, back and legs straight • Slowly lower yourself and explode up • If this is too difficult, you can keep knees more bent
<p>Two legged hops</p>	<ul style="list-style-type: none"> • Legs together, hop continuously up a hill, keeping contact with the ground to a minimum. This explosive



plyometric drill works a lot of muscle groups.

- Start with your feet shoulder-width apart and go into a squat. Swing your arms back and rock forwards onto your toes, then swing your arms forwards and up and explode forwards, aiming for as much height and distance as possible.
- Land with soft knees straight back into a squat position and repeat the process. Note how far you cover in the 30 reps and try to beat it the next time





How many reps can you do on the 3rd set? The goal of this workout is to push yourself. Record the number of reps you achieve on the 3rd set in the table below to track your results!

	1 leg hops	Balance	Squat and hold	V-up	2 leg hops
1 st Workout					
2 nd Workout					
3 rd Workout					
4 th Workout					
5 th Workout					
6 th Workout					
7 th Workout					
8 th Workout					

GOAL:

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1. Mason Twists-15-20 reps
 2. Low Walk 15-20 reps
 3. Rocket Jumps 15-20 reps
 4. Plank 30+ seconds
 5. Stair or hill jumps-3-5 times
-

Exercise	Key Points
<p>Mason twist (core)</p> 	<p>Mason twist:</p> <ul style="list-style-type: none"> • Sit and raise the feet off the ground. • Twist the upper body • Stay controlled • Perform 15-20 reps
<p>Low Walk</p> 	<p>Low walk:</p> <ul style="list-style-type: none"> • Put one foot forward and the other one back with your knee on the ground. Without standing up, slide the back foot forward as if you were walking very low • Perform 15-20 reps
<p>Rocket jumps (lower body strength)</p> 	<p>Rocket jumps:</p> <ul style="list-style-type: none"> • Keep thighs parallel • explode up with raised arms • squat on return • 15-20 reps
<p>Plank (core strength)</p> 	<p>Plank:</p> <ul style="list-style-type: none"> • Keep core tight • Straight back • Do not dip bottom too low or too high • Hold for as long as you can, at least 30 seconds

Stair or hill jumps



Stair or hill jumps:

- This exercise can be done just as well on a grassy hill. Stand at the bottom of the stairs. Feet together. Jump up the stairs and across to the other side. As soon as you land, jump again to the other side. Jump as many stairs as you can and if you have enough stairs, try to go further with each set. If you are doing it on a grassy hill, put a marker where you land. If you do not have stairs or access to a hill, perform this on a straight surface

How many reps can you do on the 3rd set? The goal of this workout is to push yourself to perform when you are tired. Record the number of reps you achieve on the 3rd set in the table below to track your results!



	Mason Twists	Low walk	Rocket Jumps	Plank	Stair/hill jump
1 st Workout					
2 nd Workout					
3 rd Workout					
4 th Workout					
5 th Workout					
6 th Workout					
7 th Workout					
8 th Workout					

GOAL:

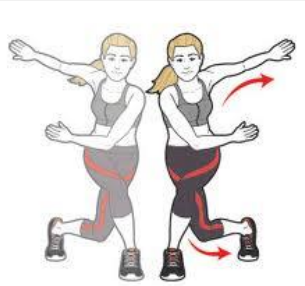
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6. Side leg raises (switch sides halfway through) 20 each side
7. Power Skipping-30 seconds-1 minutes
8. Side to Side jumps 30 seconds-1 minute
9. ABC balance, alphabet on each side
10. Cross over lunge-10-15 reps
11. Balance hop-30-60 seconds
12. Plank-knee up- 15-20 reps

} x3

Exercise	Key Points
<p>Side leg raises (switch sides halfway through) (hip flexibility, core, lower body strength)</p> 	<p>Side leg raises:</p> <ul style="list-style-type: none"> • Flexed both feet • Straight leg, raise and then lower • Perform 20 reps on each side
<p>Power skipping (lower body strength, balance)</p>  <p>Dec10_WO_Skipping</p>	<p>Power skipping:</p> <ul style="list-style-type: none"> • Lift knee • Push off ground fast –similar to skipping • Use your arms to increase speed and power • 30 seconds-1 minute • Make sure to push yourself!

Side-Side jumps



Side-Side jumps:

- Get into the skating position. Head up. Keep your body in the one position. Extend one leg to the position you would be in at the end of a push skating. In one movement, change legs to the other side. Your body should hardly move. This movement should be continuous.

ABC- Balance exercise



ABC Balance exercise:



- Lift one foot up
- Try to draw the alphabet or numbers with the foot that is up
- Do as many numbers or letters as you can
- Switch legs

Cross-over lunge



Cross over lunge:

- Start with feet shoulder width apart
- Cross left leg behind right and lunge, switch legs
- Continue for 15-20 reps

<p>Balancing jump</p> 	<p>Balancing jump:</p> <ul style="list-style-type: none"> • Start with the feet together and jump to the right, as far as you can. • Land on the right foot and cross the left foot behind you for a balance challenge. • Now jump to the left, again taking a very wide step, and land on the left foot. • Continue going from one side to the other, trying to keep the movement low and wide rather than jumping up in the air. • Continue alternating sides for 30-60 seconds
<p>Plank-knee to chest</p> 	<p>Plank-knee-chest</p> <ul style="list-style-type: none"> • Get into a plank form • Bring one knee high to your chest while maintaining plank • Switch legs • Do 15-20 reps

How many reps can you do on the 3rd set? The goal of this workout is to push yourself to perform when you are tired. Record the number of reps you achieve on the 3rd set in the table to track your results!

	Side leg raises	Power Skipping	Side to side jumps	Ankle exercises	Cross over lunge	Balancing jump	Plank-knee up
1 st Workout							
2 nd Workout							
3 rd Workout							
4 th Workout							
5 th Workout							
6 th Workout							
7 th Workout							
8 th Workout							

GOAL:

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Stretches/Cool-down:

Hold stretches for 30 seconds


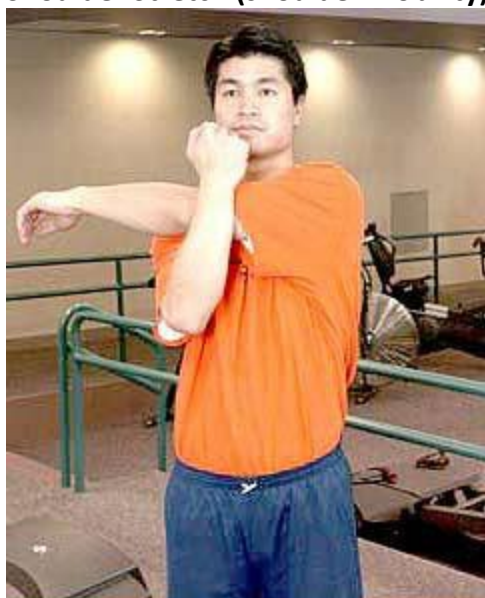
Upper Body

1. Neck Stretch
2. Shoulder Stretch
3. Shoulder roll forward and backwards
4. Torso swing and torso bend
5. Chest Stretch
6. Bicep Stretch
7. Upper back stretch
8. Wrist Rotations

Lower Body

1. Hamstring Stretch
2. Calf stretch

3. High and thigh stretch
4. Quad stretch
5. Lunge stretch
6. Ankle rotations

Stretch	Key Points
<p>Neck stretch</p>  <p>© Mayo Foundation for Medical Education and Research. All rights reserved.</p>	<ul style="list-style-type: none"> • Tilt neck to left and hold gently with left hand • Repeat with right
<p>Shoulder Stretch (shoulder mobility)</p>  <p>© Mayo Foundation for Medical Education and Research. All rights reserved.</p>	<ul style="list-style-type: none"> • Place arm across chest and hold with opposite arm • Repeat with other arm

Shoulder roll



- Raise shoulders to ears

Chest stretch



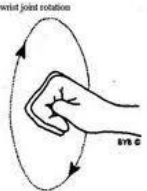


- Bring arms out parallel to the ground
- Move arms behind chest

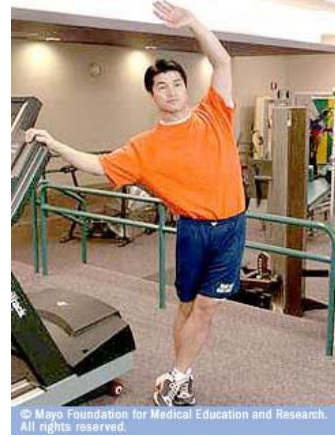
Upper back stretch



- Place arms in front and pull elbows until they are at 90 degrees

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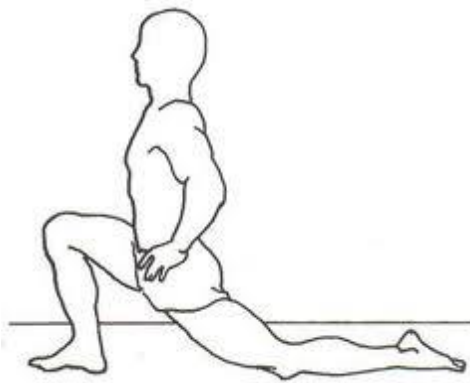
<p>Wrist rotations</p>  <p>Diagram illustrating wrist joint rotation. A hand is shown with arrows indicating the circular motion of the wrist joint.</p>	<ul style="list-style-type: none"> • Twist wrists in a circle
<p>Hamstring stretch</p> <p>Hamstring stretch</p>  <p>ADAM.</p>	<ul style="list-style-type: none"> • Extend one leg and bend the back leg
<p>Calf stretch</p>  <p>© Mayo Foundation for Medical Education and Research. All rights reserved.</p>	<ul style="list-style-type: none"> • Keep back leg straight and heel touching the floor
<p>IT band Stretch</p>	<ul style="list-style-type: none"> • Cross legs and stretch to the same side the front leg is crossed to



Quad Stretch



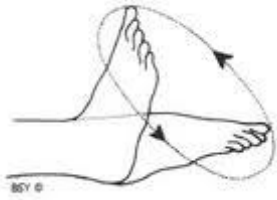
Lunge stretch



- Stand on one leg and grab foot of other leg

- Should feel stretch in hip flexor

Ankle rotations



- Rotate ankles in circles