

## MCHS SUMMER '21

### GIRLS DISTANCE STRENGTHENING ROUTINE (GF 6/22/21)

(9AM - 10AM Mondays + Fridays at MCHS Long Jump Pits)

**9:00 – 9:05** One lap barefoot warm-up lap around track

#### **9:05 – 9:20 (15 minutes) Hip Glute Strengthening Routine**

Double Leg Hip Thrusts > Single Leg Hip Thrusts > Donkey Kicks > Fire Hydrants > Clam Shells > Prone Scorpions > Reverse Scorpions

- 2 minute water break –

#### **9:23 – 9:33 (10 minutes) Ankle Stability/Mobility Routine**

Single Leg Ankle Circles > Single Leg Ankle Pumps > Toe Walks > Heel Walks > Single Leg Hops > Foot Rub

#### **9:33 – 9:43 (10 minutes) Core Strengthening Routine**

Front Plank > Side Plank > Suitcases > Cherry Pickers > V-Sit > Penguins > Pulsing Crunches (legs up) > Plank With Hip Dips > Leg Extended up > Bicycles With Med Ball

- 3 minute water break –

#### **9:45 – 10:00 (15 minutes) Upper Body Strengthening Routine**

Max Pushups (1:00 rest) > Med Ball exercises: Straight Arm Circles > Kettle Swings > Double Leg Ball Bounces > Above Head Straight arm Rainbows > Single Leg Ball bounces (left – right side and back) > Battle Rope