

2025 LRHS XC STRENGTH TRAINING

9 weeks of lifting 2x per week. As the reps drop, the weight goes up. Each change in sets/reps means you increase your weight. We need to **lift heavy** to get stronger, faster, and prevent injuries.

Weeks 1 & 2 - August 25-September 7: 2 sets of 12 reps of each exercise

Week 3* - September 8-14: 2 sets of 12x but switch #1 to high box step ups

***** **Increase Weights** *****

Weeks 4* - September 15-21: 3 sets of 10x but stick with high box step ups for #1

Weeks 5 & 6 – September 22-October 5: 3 sets of 10 reps of each exercise.

***** **Increase Weights** *****

Weeks 7* & 8* – October 6-19: 3 sets of 8 reps of each exercise and both weeks are high box step ups – no Bulgarian split squats these 2 weeks.

***** **Increase Weights** *****

Week 9 – October 20: 4 sets of 6 reps of each exercise. Go heavy this last week. This is it. Last one, best one!

The Exercises:

1. * **Bulgarian split squats** holding dumbbells, kettlebells, or plates with a slight forward lean to engage glutes. Please see variation below for weeks 3-4 and 7-8.*
2. **Hamstring curls on the ball.** Arms by your side, keep hips lifted off the ground in a nice high bridge the entire time. Remember to dig your heels into the top of the ball. Or for variety, you can do **Single Leg Glute Bridge with shoulders on bench** instead of the curls on the ball.
3. **Step back lunges** holding dumbbells, kettlebells, or plates and stepping back and down from a small box.
4. **Calf raises** holding dumbbells, kettlebells, or plates – this is one (1) set: toes straight ahead, toes pointed in, and toes pointed out.
5. **Seated shin strengtheners** with thick/heavy resistance band.
6. **RDL or Romanian Dead Lift** is a single leg deadlift with the standing leg knee bent and holding dumbbells, kettlebells, or plates.

* **Slight variation in weeks 3, 4, 7, and 8 only:** Please do high box step ups instead of the #1 Bulgarian split squats. High box step ups result in more glute and hamstring recruitment while low box step ups work more quads. We want to do high box step ups for the glutes and hammies.