



PANTHER CROSS COUNTRY

Race Day Warm-ups

30-40' 5 min EASY jog ⇒ Joint Mobility

Neck Circles, Ankles Circles Knee Circles, Hip Twists
Iron Cross Scorpions Leg Swings

20-30' Bathroom/Drink Break/Time to Self

10-20' Walk to Start ⇒ Dynamic Exercises

Walking High Knee + Pull Walking Butt Kick + Pull
High Knee & Butt Kick Hamstring Bend w/ Toe Pull
Inward/Outward Cross Leg Hamstring
Walking Hacky Sack HK Lunge w/ Side Stretch
HK Lunge w/ Twist Side-Side Groin w/ Shuffle
Forward Hip Hurdle Backward Hip Hurdle

5-10' Dynamics w/ 30m Accelerations

High Knees Butt Kicks
Toy Soldier Arm Circles w/skip
Side-Side Arm Swings POGO Hops

0-5' 2 Run-Outs From Start w/ walk back



PANTHER CROSS COUNTRY

Race Day Warm-ups

30-40' 5 min EASY jog ⇒ Joint Mobility

Neck Circles, Ankles Circles Knee Circles, Hip Twists
Iron Cross Scorpions Leg Swings

20-30' Bathroom/Drink Break/Time to Self

10-20' Walk to Start ⇒ Dynamic Exercises

Walking High Knee + Pull Walking Butt Kick + Pull
High Knee & Butt Kick Hamstring Bend w/ Toe Pull
Inward/Outward Cross Leg Hamstring
Walking Hacky Sack HK Lunge w/ Side Stretch
HK Lunge w/ Twist Side-Side Groin w/ Shuffle
Forward Hip Hurdle Backward Hip Hurdle

5-10' Dynamics w/ 30m Accelerations

High Knees Butt Kicks
Toy Soldier Arm Circles w/skip
Side-Side Arm Swings POGO Hops

0-5' 2 Run-Outs From Start w/ walk back



PANTHER CROSS COUNTRY

Race Day Cool Down

5' after race ⇒ 10 min LIGHT jogging

15' after race ⇒ 4 x 75m accelerations

Donkey Kicks	x	3/leg
Iron Cross	x	3/side
Scorpions	x	3/side
Donkey Whips	x	3/side
Lower Body Crawl	x	3/side
Groiners	x	3/side
Hamstring Rollup	x	3/side
Knee Circle Forward	x	3/side
Knee Circle Back	x	3/side
Quick Leg Cycle	x	3/side
Leg Refreshers	x	30 secs

***Cheer on rest of team**



PANTHER CROSS COUNTRY

Race Day Cool Down

5' after race ⇒ 10 min LIGHT jogging

15' after race ⇒ 4 x 75m accelerations

Donkey Kicks	x	3/leg
Iron Cross	x	3/side
Scorpions	x	3/side
Donkey Whips	x	3/side
Lower Body Crawl	x	3/side
Groiners	x	3/side
Hamstring Rollup	x	3/side
Knee Circle Forward	x	3/side
Knee Circle Back	x	3/side
Quick Leg Cycle	x	3/side
Leg Refreshers	x	30 secs

***Cheer on rest of team**