



## More than miles

**Brad Jenny** - Doane XC and Track coach since 1999, 800 runner in college

**Annika Pingel** - Doane Alum and Current XC and Track coach, ran everything in college

**Coaching philosophy** - Relationships, Show up, Work hard, Have a great attitude

**Consistency** - In coaching and in training

**Collaboration** - Working with athletes to get the best out of them, when they have some ownership in the program there is more buy-in, more buy-in produces better results

### Warm-ups

- RAMP - Raise - Activate - Mobilize - Perform
- Athletes
  - Prep for work
  - Drill for technique
  - Monitor body for soreness
  - Mentally prep
- Coaches
  - Build relationships with athletes
  - Movement screening - looking for abnormal movement
  - Share information informally to keep team on same page
- We use multiple different warm-ups depending on the plan for the day
  - Easy day
  - Workout day
  - Lift first day
  - Race day

### Weights

- We use weights to compliment our running. We work on stability, strength, power, and coordination. We currently lift before our run on an easy/recovery days. We warm up specific to our weight session.

### Cool downs

- Running
  - Easy running as a team is best. Can add mileage and increase social aspect. Can be done as cross training to control total volume of running.

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- Self Care
  - Taking care of specific issues as they come up. Athletes need to learn how to help themselves and understand their bodies.
  - Foam roller, stick, lacrosse ball, etc
  - Hydration and nutrition
- Range of motion work
  - Stretching, yoga, barefoot circuit, hurdle mobility
- Down regulation
  - Quiet, Dark, Breathing exercises
  - Can be just 5 min
  - Switch from stress to rest
  - Starts recovery process

### **Cross Country Warm-up**

Walking heel to butt

Walking knee to chest

Walking knee to opposite shoulder

High knee walk out to in – forward

High knee walk in to out – backward

Kick march

Inch worm

Lunge series – Forward, side, backward

Spiderman crawl

*Stop here for easy days/ continue for workout days*

Skip series – Form, side slide w/ are circle, Karaoke

Backward jog

Backward run

Backward skip

Leg swings

### **Sprint Warm-up**

Single-Double-Triple Leg Switch in place

Single Leg Switch on the move

Straight Leg Bounds

Form Skip A

Fast Leg on the move (left-right-alternate)

Wickets

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**Activation(lift first warm-up):**

Hurdle Mobility - hands over head (can also hold med ball overhead)

Mini Band Routine (can use med ball to increase intensity)

- Band Below Knees
  - Squat in place x 6
  - FWD, LAT, BWK x 2 / position / leg
  - Low Walk FWD x 10 meters (14 steps)
  - Low Walk BWK x 10 meters (14 steps)
  - Low Walk LAT x 10 meters / direction (14 steps/ direction)
  
- Band at Ankles
  - Low Step-Overs x 10 meters / direction (14 steps /direction)

## XC Season, Strength, 2023 Week 13, Session 1

Objectives for Focus Areas:

- Power:
- Recovery week

Exercise Super Set 1	Sets/Reps	Set 1	Set 2
Single Arm DB Snatch	2 x 2/arm	_____	_____
+			
DB release to box jump	2 x 4	_____	_____
Exercise Super Set 3	Sets/Reps	Set 1	Set 2
Hang Clean to A Stance (Staggered Stance)	2 x 2/leg	_____	_____
+			
DB A Stance Exchange + Press	2 x 2/leg	_____	_____

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## XC Season, Strength, 2023 Week 8, Session 2

**Objectives for Focus Areas:**

- Strength
- Recovery week

**Activation:**

Exercise Super Set 1	Sets/Reps	Set 1	Set 2	Set 3	Set 4
1/2 Back Squat	4-5 x 4	_____	_____	_____	_____
+					
Box jump	4-5 x 6				
Exercise Super Set 2	Sets/Reps	Set 1	Set 2	Set 3	
Incline Bench Press	4-5 x 4	_____	_____	_____	_____
+					
DB Pull-Over	4-5 x 6	_____	_____	_____	_____
+					
DB Curl + Press A Stance	4-5 x 4/leg	_____	_____	_____	_____
Exercise Super Set 3	Sets/Reps	Set 1	Set 2	Set 3	
DB Step-Up (Heavy)	4-5 x 4/leg	_____	_____	_____	_____
+					
SL box jump	4-5 x 3/leg	_____	_____	_____	_____

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