

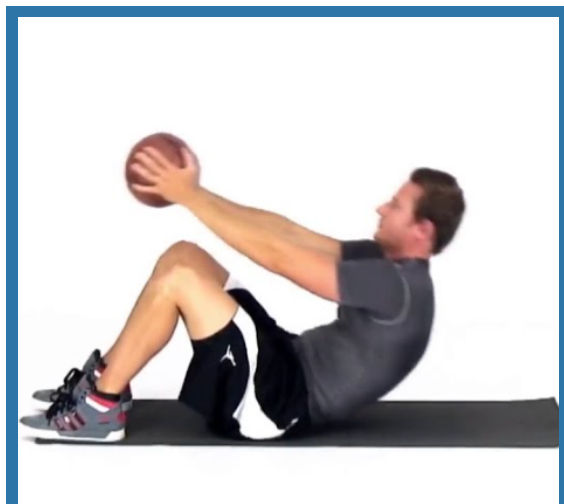
DERRY AREA CROSS COUNTRY

STRENGTH TRAINING MENU

Strength training is just as important as running — our gym days help you build the power, stability, and injury-resistance you need to run stronger and faster.

Each gym day, **choose at least 3 different categories** to focus on (glutes, core, calves, etc.). Please try to hit most of the categories throughout the week. Aim to challenge yourself with good form and focused effort — this isn't just busy work, it's how we build strength to become faster, more injury-resistant runners!

CORE



WEIGHTED
SIT UPS

3 Sets

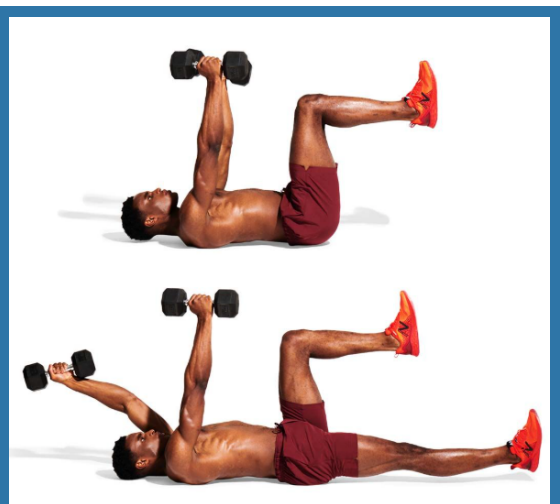
12 Reps



RUSSIAN
TWISTS

3 Sets

20 Reps



WEIGHTED
DEAD BUG

3 Sets

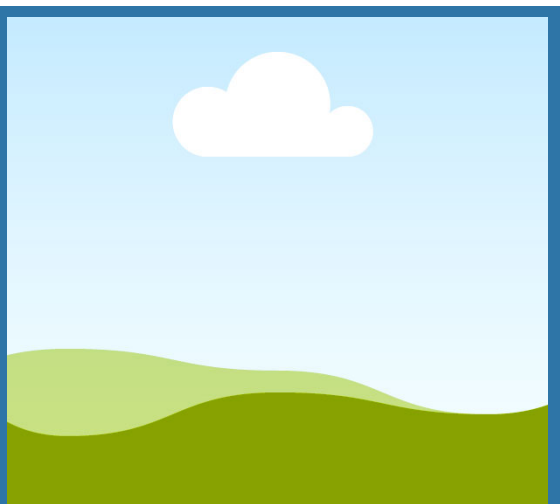
10 Reps per
side



PLANKS

3 Sets

30 Seconds

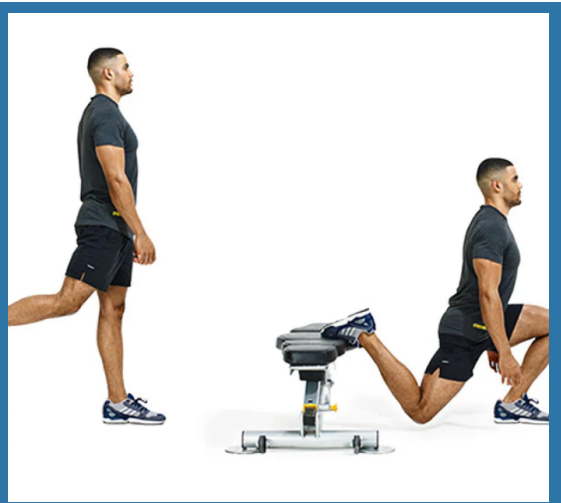


????

3 Sets

25x Each

GLUTES



SINGLE
LEGGED
SQUATS

3 Sets

8 Reps per
side



SIDE-LYING BANDED
HIP ABDUCTION

3 Sets

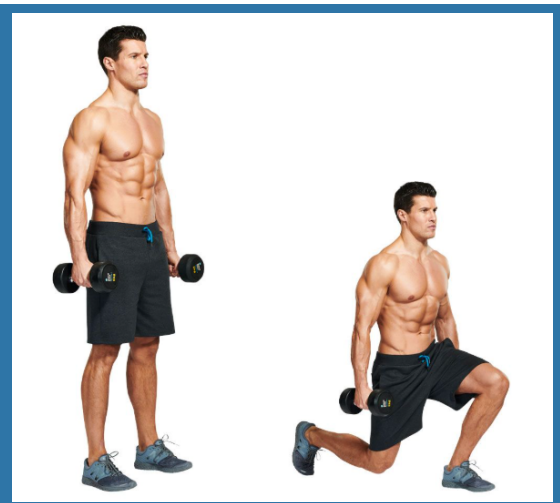
12 Reps per
side



SIDE PLANK WITH
BANDED
CLAMSHELL

3 Sets

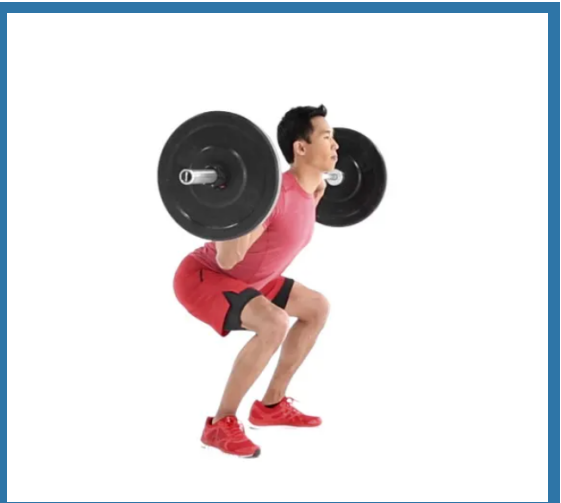
8 Reps per
side



WEIGHTED
LUNGES

3 Sets

8 Reps per
leg



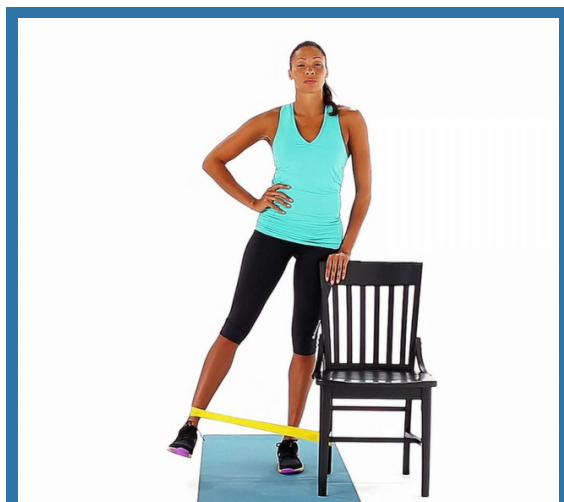
WEIGHTED
SQUATS

3 Sets

10 Reps

DERRY AREA CROSS COUNTRY STRENGTH TRAINING MENU

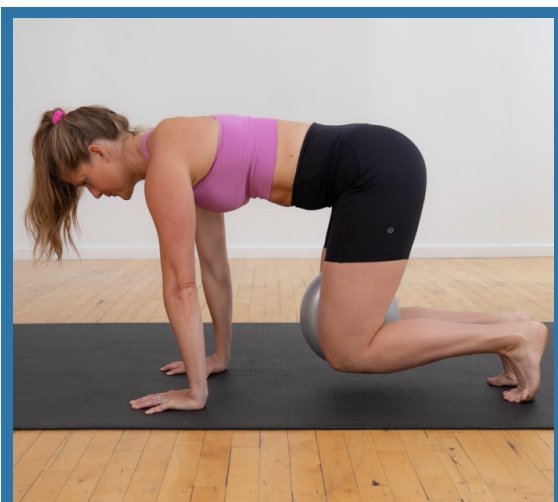
HIP FLEXORS



BANDED HIP
ABDUCTION

3 Sets

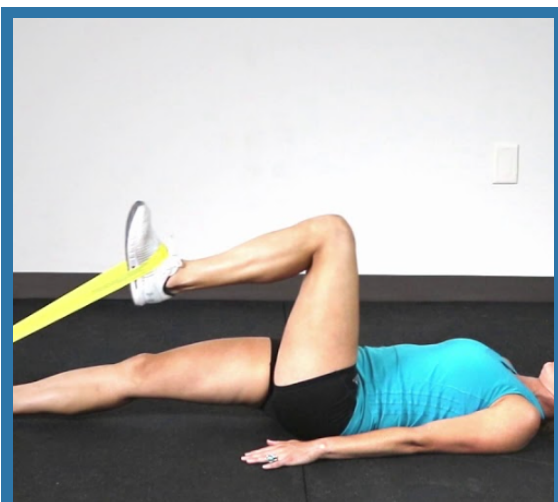
12 Reps per
leg



BEAR HOLD GROIN
SQUEEZE + TAPS

3 Sets

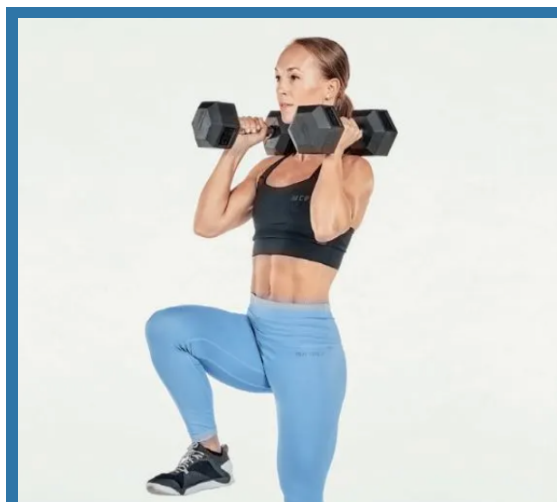
10 Reps



BANDED KNEE
DRIVES

3 Sets

10 Reps per
side



WEIGHTED
MARCHES

3 Sets

30 Seconds

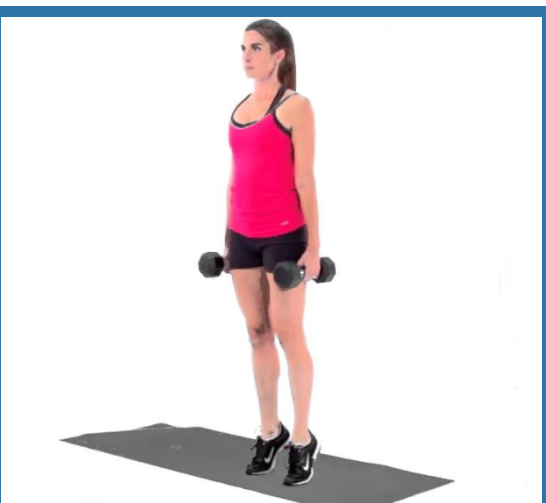


SINGLE-LEG
RDL + ROW

3 Sets

8 Reps per
side

CALVES



WEIGHTED
CALF RAISES

3 Sets

15 Reps



WEIGHTED HEEL
RAISES IN LUNGE

3 Sets

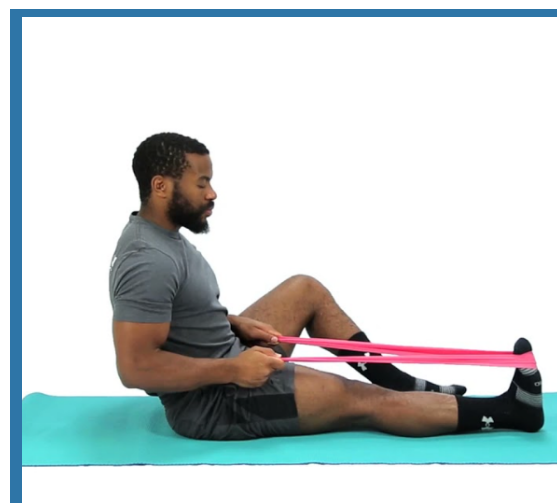
10 Reps per
leg



ECCENTRIC
CALF DROPS

2 Sets

10 Reps per
leg



SEATED
CALF PRESS

3 Sets

12 Reps per
leg



FARMER'S
CARRY ON TOES

3 Sets

30 Seconds

DERRY AREA CROSS COUNTRY

STRENGTH TRAINING MENU

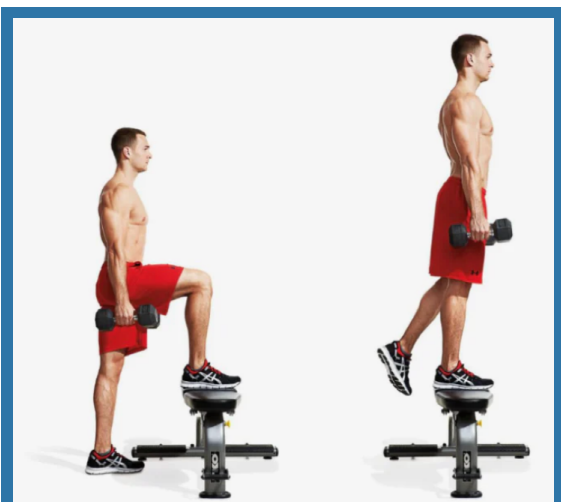
QUADS/HAMSTRINGS



WEIGHTED
LUNGES

3 Sets

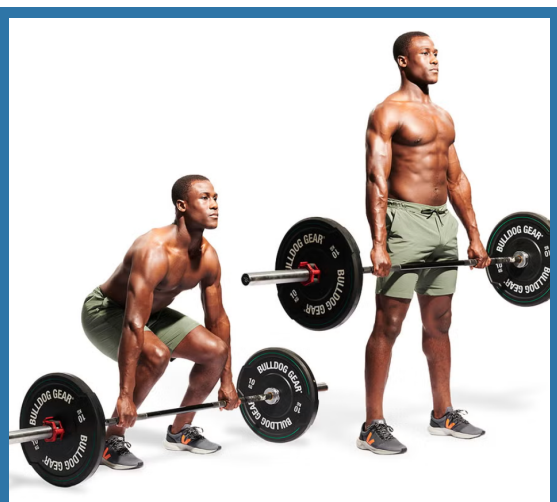
8 Reps per
leg



WEIGHTED STEP
UPS

3 Sets

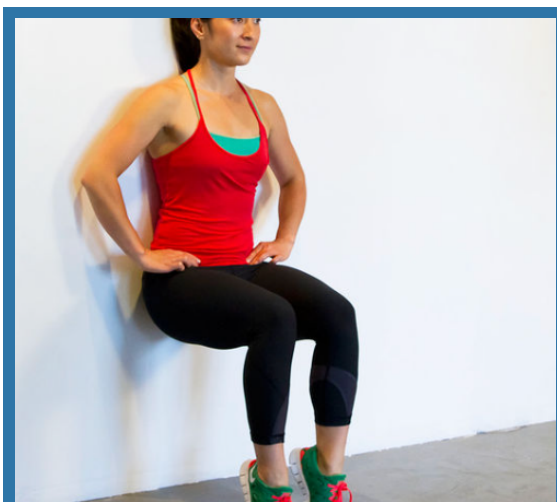
10 Reps per
leg



DEAD LIFTS

3 Sets

8 Reps



WALL SIT + HEEL
RAISES

3 Sets

30 Seconds



GLUTE BRIDGE
WALK OUT

3 Sets

5 Reps