



Boise Cross Country / Distance Runners Aquatic Workout

In diving pool at the Y or deep end of any other pool

4 lengths of pool-flutter kick on kickboard, keep knees straight and toes pointed

4 lengths on back

4 lengths on side, alternate front leg

10 Letter L's; put arms in pool trough and bring feet up in front of you, keep toes above water and move feet wall to wall

10 knees to shoulders; arms in trough and bring knees up to one shoulder and then to the other

5 dives into the pool, swim under the water holding your breath as long as possible, come up and swim as fast as possible back to the side

15 to 20 minutes of deep water running, use aqua vest or float two kickboards close to you and place arms on top, or run in water without aide. You should be able to see your knees when they come up, if not straighten your back and pull shoulders back. Run for 5 to 8 minutes then do sprints for 10 seconds on 15 seconds off. Do this for 3 to 5 minutes, then recover for 3 to 5 minutes. Finish off time with more sprints at 10 seconds on 15 seconds off.