



# Boise Cross Country

## Daily Warm-up drills

Jog 800

Then Form Drills - all up 30 m back 30 m

skip jumping jack arms

skip arm swings across body

skip swinging arms

backwards skip

carioca w/ arm circles

butt kicks

backwards run

forward jumping jacks

power skips

A drill no arms

A drill arms

B drill no arms

B drill arms

Quick Feet

Walking Lunges

Strides for 50 m up and back twice

stretch individually

begin workout