



CROSS COUNTRY WEIGHT LIFTING PROGRAM

STRENGTH, STABILITY & POWER CONDITIONING

This specialized strength training program is designed for cross-country runners to build robust lower body power, bulletproof core stability, and upper body balance across a 3-day split.

1. DAY 1: LEGS

EXERCISE	SETS & REPS
Barbell back squat	3 sets of 8-12 reps
Dumbbell lunges	3 sets of 10-12 reps per leg
Romanian deadlift	3 sets of 8-12 reps
Calf raises	3 sets of 15-20 reps

2. DAY 2: CORE

EXERCISE	SETS & REPS / DURATION
Plank	3 sets of 1 minute
Side plank	3 sets of 30 seconds per side
Bird dog	3 sets of 10-12 reps per side
Russian twists	3 sets of 15-20 reps

3. DAY 3: PUSH/PULL

EXERCISE	SETS & REPS
Push-ups	3 sets of 10-12 reps
Pull-ups	3 sets of as many reps as possible
Dumbbell rows	3 sets of 8-12 reps
Overhead press	3 sets of 8-12 reps

PROGRAM NOTES & GUIDELINES

- **Intensity & Form:** Perform each exercise with a weight that is challenging but allows you to maintain good form.
- **Rest Intervals:** Rest for 1-2 minutes between sets.
- **Frequency:** Do this workout 3 times per week on non-consecutive days.
- **Warm-Up & Cool Down:** Be sure to warm up before each workout and cool down afterwards.

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This program is for educational purposes. Consult a physician before beginning any new exercise routine. Stop if you experience pain. Results vary based on individual effort and consistency.