



HIIT CORE ROUTINES

7LXC

Seven Lakes XC Core HIIT – Routine 1

1. Speed Push-ups
2. Supermans
3. Burpees
4. Speed Crunches
5. Line Jumps

Seven Lakes XC Core HIIT – Routine 2

1. Star Jumps
2. Jackknife
3. Mountain Climbers
4. Jump, Squat, Touch Down
5. Speed Bicycle Crunches

Seven Lakes XC Core HIIT – Routine 3

1. Squats
2. Leg Lifts
3. Jumping Lunges
4. Bear Crawls – 3 forward, 3 back
5. Speed Jumping Jacks

SLXC Season Core HIIT Build Up

1. Week 1 – 20 seconds up, 10 seconds down – 2 Sets
2. Week 2 - 20 seconds up, 10 seconds down – 2 Sets
3. Week 3 - 20 seconds up, 10 seconds down – 2 Sets
4. Week 4 - 30 seconds up, 15 seconds down – 2 Sets
5. Week 5 - 30 seconds up, 15 seconds down – 2 Sets
6. Week 6 - 30 seconds up, 15 seconds down – 3 Sets
7. Week 7 - 30 seconds up, 15 seconds down – 3 Sets
8. Week 8 - 40 seconds up, 20 seconds down – 2 Sets
9. Week 9 - 40 seconds up, 20 seconds down – 2 Sets
10. Week 10 - 40 seconds up, 20 seconds down – 2 Sets
11. Week 11 - 40 seconds up, 15 seconds down – 2 Sets
12. Week 12 - 40 seconds up, 15 seconds down – 2 Sets
13. Week 13 - 45 seconds up, 20 seconds down – 2 Sets
14. Week 14 - 45 seconds up, 20 seconds down – 2 Sets
15. Week 15 – 45 seconds up, 15 seconds down – 3 Sets
16. Week 16 - 50 seconds up, 20 seconds down – 3 Sets
17. Week 17 - 50 seconds up, 20 seconds down – 3 Sets
18. Week 18 - 50 seconds up, 15 seconds down – 3 Sets
19. Week 19 - 60 seconds up, 30 seconds down – 3 Sets
20. Week 20 - 60 seconds up, 30 seconds down – 3 Sets
21. Week 21 - 60 seconds up, 20 seconds down – 3 Sets