

## Workout #1 - Run

MON, MAR 16, 2020

### Pre-Run Warm Up

#### 1A. Hip Flexor Quad Stretch



1x30s es

SET	SECS	REPS	REST
1	30	1	0 s



#### 1B. Downward Dog to Pigeon



1x6es

SET	LB	REPS	REST
1	0%	6	0 s



#### 1C. Reverse Lunge with Rotation



1x10es

SET	LB	REPS	REST
1	0	10	0 s



#### 1D. Active Calf



1x10es

SET	LB	REPS	REST
1	0%	10	0 s



#### 1E. Horsestance



1x10es

SET	LB	REPS	REST
1	0%	10	0 s



### Pre-Run Warm Up

#### 1F. Leg Swings Forward to Backward



1x10es

SET	LB	REPS	REST
1	0%	10	0 s



#### 1G. Walking on the Heels, Unsupported



1x30s

SET	SECS	REPS	REST
1	30	1	0 s



#### 1H. Walking on Toes



1x30s

SET	SECS	REPS	REST
1	30	1	0 s



#### 1I. Ankle hop



SET	LB	REPS	REST
1	0	15	0 s



#### 1J. A-Skip



1x10es

SET	LB	REPS	REST
1	0	10	0 s



### Running

## Running

### 2A. Run

No Image

25-30 minutes steady pace. Focus on steady breathing in nose out mouth, using your arms, soft ground contact, and cycling your legs like a bicycle. Track your distance and aim to beat it next week!

SET	MINS	REPS	REST
1	30	1	0 s

## Post-Run Cool Down

### 3A. Calf Stretch with Bent Leg (Soleus)



1x30s es

SET	SECS	REPS	REST
1	30	1	0 s



### 3B. Calf Stretch with Straight Leg (Gastroc)



1x30s es

SET	SECS	REPS	REST
1	30	1	0 s



## Post-Run Cool Down

### 3C. Hip flexor stretch, lunge position

1x30s es



SET	SECS	REPS	REST
1	30	1	0 s



### 3D. Hamstring Band Stretch

1x30s es



SET	SECS	REPS	REST
1	30	1	0 s



### 3E. Child Pose Stretch

1x30s es



SET	SECS	REPS	REST
1	30	1	0 s



## Exercise Descriptions

### A-Skip

Perform a skipping motion in good running posture. Move efficiently and with rhythm.

### Active Calf

On hands and feet alternate pushing heels into ground. Feel stretch in calves.

### Ankle hop

Start: stand upright with the legs close together and knees extended. Action: Bend the knees slightly, and jump explosively into the air by extending the knees and pushing off the toes. Upon landing, rebound off the floor as quickly as possible, by pushing off the toes and with minimal bend in the knees. End: Continue to explosively jump with an emphasis on pushing off the toes for the required number of repetition.

### Calf Stretch with Bent Leg (Soleus)

With toes on elevate surface and heel on floor, bend knee towards toes until calf stretch is felt.

### Calf Stretch with Straight Leg (Gastroc)

With toes on elevate surface and heel on floor, keep knee straight and bring hip towards toe until calf stretch is felt.

### Child Pose Stretch

Kneel on the floor, reach both arms straight out in front, hands supported on floor. Shift buttocks back toward heels, keeping hands supported on the floor. Hold as per instruction. Return to start position.

### Downward Dog to Pigeon

Starting in push up position walk feet up to form downward dog pose. Followed by swinging leg across body to form pigeon pose. Hold each pose remember to breath during hold.

### Hamstring Band Stretch

Lie face up on floor, holding band with both hands looped around one foot lift leg up towards ceiling until hamstring stretch occurs.

### Hip Flexor Quad Stretch

With knee on pad in hip flexor stretch reach back and grab extended foot to stretch quadriceps while stretching hip flexors extending hips and maintaining a neutral spine.

### Hip flexor stretch, lunge position

Down on one knee in lunge position, knees shoulder width apart. Gently shift pelvis anteriorly, feeling stretch in anterior hip and thigh. Hold, return to start position, repeat. Stop if the exercise causes pain.

### Horsestance

Athlete is on hands and knees where opposite leg and arm are extended. Ensure thumb is up and foot is dorsiflexed. Do not hyperextend lower back and alternate sides continuously.

### Leg Swings Forward to Backward

Holding on to stable object, perform leg swings while standing on one leg. Ensure neutral spine during swing.

### Reverse Lunge with Rotation

Athlete performs a backwards lunge. At the bottom of lunge rotate towards lead leg. Maintain stability in hips and a neutral posture.

### Run

### Walking on the Heels, Unsupported

Stand up straight with a neutral spine. Lift toes off the ground and walk forwards on your heels. Turn around and walk back on your heels to the starting position. Repeat as required.

### Walking on Toes

Stand up straight with a neutral spine. Lift your heels off the ground and walk forwards on your toes. Use a table as support if needed. Turn around and walk back on your toes to the starting position. Repeat as required.

## Workout #2 - Bodyweight & Cardio

TUE, MAR 17, 2020

### Stretching, Mobility, Activations

#### 1A. Hip Flexor Quad Stretch



1x30s es

SET	SECS	REPS	REST
1	30	1	0 s



#### 1B. Pigeon Pose Alternating Hold

1x30s es



SET	SECS	REPS	REST
1	30	1	0 s



#### 1C. Active Calf

1x10es



SET	LB	REPS	REST
1	0	10	0 s



#### 1D. Horsestance

1x10es



SET	LB	REPS	REST
1	0	10	0 s



#### 1E. Glute Bridge (bridge arms crossed on chest with dorsiflexion)

15 bridges. Can place a band around knees if you have one.



SET	LB	REPS	REST
1	0%	15	0 s



### Stretching, Mobility, Activations

#### 1F. Clams

Can place a band around knees if you have one.



SET	LB	REPS	REST
1	0%	15	0 s



#### 1G. Thoracic Spine Rotation All Fours

1x10es



SET	LB	REPS	REST
1	0	10	0 s



### A1-A3

#### 2A. Push ups on chair incline



3x10 \*If you have weights, you can do a chest press instead.



SET	LB	REPS	REST
1	0	10	30 s
2	0	10	30 s
3	0	10	30 s

#### 2B. Bulgarian Squat (no load)



3x10es. \*You can hold weights if you have them.



SET	LB	REPS	REST
1	0	10	30 s
2	0	10	30 s
3	0	10	30 s

#### 2C. Plank



3x45s



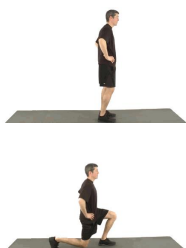
SET	SECS	REPS	REST
1	45	1	30 s
2	45	1	30 s
3	45	1	30 s

### B1-B3

If you have a band to use, do the single arm row instead of the YTI.

## B1-B3

### 3A. Backwards lunge



3x10es \*You can hold weights if you have them.

SET	LB	REPS	REST
1	0	10	30 s
2	0	10	30 s
3	0	10	30 s

### 3B. Side bridge



3x30s es

SET	SECS	REPS	REST
1	30	1	30 s
2	30	1	30 s
3	30	1	30 s

### 3C. Bent Over Y-T-I



3x10 of each letter

SET	LB	REPS	REST
1	0	10	30 s
2	0	10	30 s
3	0	10	30 s

### 3D. Half Kneel Single Arm Row



3x10es \*Do this exercise in place of the YTI if you have a band.

SET	LB	REPS	REST
1	0	10	30 s
2	0	10	30 s
3	0	10	30 s

## Cardiovascular

then stairs once, and then burpees once. Repeat this three times. If you have a bike, skipping rope, elliptical, or rower, feel free to use that here with the same rep scheme of 30s on, 30s rest. You can do anywhere from 3-8 sets based on your level.

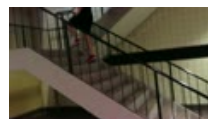
### 4A. Mountain climber with chair support



3x30s of max speed mountain climbers, then 30 seconds of rest before moving on to the stairs.

SET	SECS	REPS	REST
1	30	1	30 s
2	30	1	30 s
3	30	1	30 s

### 4B. Stairs



3x30s going up and down the stairs (hold the railing!), and then 30 seconds of rest before moving on to the burpees.

SET	SECS	REPS	REST
1	30	1	30 s
2	30	1	30 s
3	30	1	30 s

### 4C. Burpee



3x30s of burpees with no push up, and then rest for a full minute before returning to the mountain climbers.

SET	SECS	REPS	REST
1	30	1	60 s
2	30	1	60 s
3	30	1	60 s

## Cardiovascular

Perform these three exercises in a circuit. Mountain climbers once, and

## Exercise Descriptions

### Active Calf

On hands and feet alternate pushing heels into ground. Feel stretch in calves.

### Backwards lunge

Stand tall with neutral postural alignment. Step backward with one foot (longer than normal stride). Keep upper body upright, and slowly lower body down until back knee almost touches floor. Front knee should not bend past 90 degrees. With control, step forward to return to start position. Repeat. Stop if the exercise causes pain.

### Bent Over Y-T-I

On wall bent at hips to 90 perform a Y T and I motion with arms keeping thumbs up and returning to neutral after each movement.

### Bulgarian Squat (no load)

With one foot on bench and other foot flat on floor, perform a lunge. Ensure that knee is not over toe of the leg on the floor.

### Burpee

Start: Stand upright with legs together and arms by the sides. Action: Squat down to the floor by bending the knees and lowering the body down towards the floor. Bend over at the waist, and extend the arms forward, placing the hands on the floor in front. Extend the knees and hips backwards, adopting a plank position supported on both hands, with the elbows extended, and both feet. Keeping the legs and hips extended, lower the torso down by bending the elbows until the chest hovers just above the floor. Push the torso away from the floor by fully extending the elbows. At the top of the pushup, push off the floor with the feet and bring them in towards the hands by bending the knees and hips. End: from the squat position, return upright by explosively extending the knees and hips, and then jumping up in the air and raising the arms overhead. Upon landing, absorb the impact by bending the knees and continuing to squat down into the next burpee.

### Clams

Athlete lays on side with legs bent together. Then top hip is abducted and opens up like a clam shell keep feet together.

### Glute Bridge (bridge arms crossed on chest with dorsiflexion)

Lie on your back with your knees bent. Squeeze your buttocks together and lift them off the ground to make a straight line with your body. Slowly lower your body and repeat. Your head, shoulders and feet are the points of contact on the ground in the high position. Either have your feet completely on the ground or only your heels.

### Half Kneel Single Arm Row

Facing cable in kneeling position, hold cable with same hand of knee on the floor and perform row. Maintain neutral spine.

### Hip Flexor Quad Stretch

With knee on pad in hip flexor stretch reach back and grab extended foot to stretch quadriceps while stretching hip flexors extending hips and maintaining a neutral spine.

### Horsestance

Athlete is on hands and knees where opposite leg and arm are extended. Ensure thumb is up and foot is dorsiflexed. Do not hyperextend lower back and alternate sides continuously.

### Mountain climber with chair support

Start in a plank position with your arms on the chair. Keep one foot back and leg extended. Raise the other leg off the floor bending at the knee and hip. Then, extend your leg and hip straight back. Repeat as instructed.

### Pigeon Pose Alternating Hold

In push up position, bend on knee and internally rotate and place on ground underneath body. Extend other leg straight back and hold for few seconds and repeat with other leg.

### Plank

Start: Adopt a plank position on the floor, supported on the feet in the back, the legs and hips extended and in line with the torso, and the elbows in the front and directly under the shoulders. Action: Keep the core tight, and maintain a straight line from head to feet. End: Hold the plank position for the required time.

### Push ups on chair incline

Standing, lean forward on a chair with your arms straight. Stay in a front plank position keeping hips and shoulders in-line with each other. Once in this position perform a push up on the chair. Repeat as per instruction.

### Side bridge

Lying on one side with legs straight, body weight supported by hands which rest directly below the shoulder. Raise hip off floor, moving spine from side flexed to straight alignment and engage your core. Avoid rotating backwards or forwards. Slowly lower and repeat. Stop the exercise if it causes pain.

### Stairs

### Thoracic Spine Rotation All Fours

On hands and knees athlete brings arm across body then opens up hand towards ceiling following with eyes.

## Workout #3 - Run

WED, MAR 18, 2020

### Pre-Run Warm Up

#### 1A. Hip Flexor Quad Stretch



1x30s es

SET	SECS	REPS	REST
1	30	1	0 s



#### 1B. Downward Dog to Pigeon



1x6es

SET	LB	REPS	REST
1	0%	6	0 s



#### 1C. Reverse Lunge with Rotation



1x10es

SET	LB	REPS	REST
1	0	10	0 s



#### 1D. Active Calf



1x10es

SET	LB	REPS	REST
1	0%	10	0 s



#### 1E. Horsestance



1x10es

SET	LB	REPS	REST
1	0%	10	0 s



### Pre-Run Warm Up

#### 1F. Leg Swings Forward to Backward



1x10es

SET	LB	REPS	REST
1	0%	10	0 s



#### 1G. Walking on the Heels, Unsupported



1x30s

SET	SECS	REPS	REST
1	30	1	0 s



#### 1H. Walking on Toes



1x30s

SET	SECS	REPS	REST
1	30	1	0 s



#### 1I. Ankle hop



SET	LB	REPS	REST
1	0	15	0 s



#### 1J. A-Skip



1x10es

SET	LB	REPS	REST
1	0	10	0 s



### Running

#### 2A. Run

No Image

10 sets of alternating 90 seconds moderate pace, 60 seconds faster pace. Focus on same things as Day #1-Run.

SET	MINS	REPS	REST
1	25	1	0 s

Post-Run Cool Down

3A. Calf Stretch with Bent Leg (Soleus)



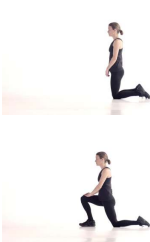
1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	

3B. Calf Stretch with Straight Leg (Gastroc)



1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	

3C. Hip flexor stretch, lunge position



1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	

Post-Run Cool Down

3D. Hamstring Band Stretch



1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	

3E. Child Pose Stretch



1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	



## Exercise Descriptions

### A-Skip

Perform a skipping motion in good running posture. Move efficiently and with rhythm.

### Active Calf

On hands and feet alternate pushing heels into ground. Feel stretch in calves.

### Ankle hop

Start: stand upright with the legs close together and knees extended. Action: Bend the knees slightly, and jump explosively into the air by extending the knees and pushing off the toes. Upon landing, rebound off the floor as quickly as possible, by pushing off the toes and with minimal bend in the knees. End: Continue to explosively jump with an emphasis on pushing off the toes for the required number of repetition.

### Calf Stretch with Bent Leg (Soleus)

With toes on elevate surface and heel on floor, bend knee towards toes until calf stretch is felt.

### Calf Stretch with Straight Leg (Gastroc)

With toes on elevate surface and heel on floor, keep knee straight and bring hip towards toe until calf stretch is felt.

### Child Pose Stretch

Kneel on the floor, reach both arms straight out in front, hands supported on floor. Shift buttocks back toward heels, keeping hands supported on the floor. Hold as per instruction. Return to start position.

### Downward Dog to Pigeon

Starting in push up position walk feet up to form downward dog pose. Followed by swinging leg across body to form pigeon pose. Hold each pose remember to breath during hold.

### Hamstring Band Stretch

Lie face up on floor, holding band with both hands looped around one foot lift leg up towards ceiling until hamstring stretch occurs.

### Hip Flexor Quad Stretch

With knee on pad in hip flexor stretch reach back and grab extended foot to stretch quadriceps while stretching hip flexors extending hips and maintaining a neutral spine.

### Hip flexor stretch, lunge position

Down on one knee in lunge position, knees shoulder width apart. Gently shift pelvis anteriorly, feeling stretch in anterior hip and thigh. Hold, return to start position, repeat. Stop if the exercise causes pain.

### Horsestance

Athlete is on hands and knees where opposite leg and arm are extended. Ensure thumb is up and foot is dorsiflexed. Do not hyperextend lower back and alternate sides continuously.

### Leg Swings Forward to Backward

Holding on to stable object, perform leg swings while standing on one leg. Ensure neutral spine during swing.

### Reverse Lunge with Rotation

Athlete performs a backwards lunge. At the bottom of lunge rotate towards lead leg. Maintain stability in hips and a neutral posture.

### Run

### Walking on the Heels, Unsupported

Stand up straight with a neutral spine. Lift toes off the ground and walk forwards on your heels. Turn around and walk back on your heels to the starting position. Repeat as required.

### Walking on Toes

Stand up straight with a neutral spine. Lift your heels off the ground and walk forwards on your toes. Use a table as support if needed. Turn around and walk back on your toes to the starting position. Repeat as required.

## Workout #4 - Bodyweight & Cardio

THU, MAR 19, 2020

### Stretching, Mobility, Activations

#### 1A. Hip Flexor Quad Stretch



1x30s es

SET	SECS	REPS	REST
1	30	1	0 s



#### 1B. Pigeon Pose Alternating Hold

1x30s es



SET	SECS	REPS	REST
1	30	1	0 s



#### 1C. Active Calf

1x10es



SET	LB	REPS	REST
1	0	10	0 s



#### 1D. Horsestance

1x10es



SET	LB	REPS	REST
1	0	10	0 s



#### 1E. Glute Bridge (bridge arms crossed on chest with dorsiflexion)

15 bridges. Can place a band around knees if you have one.



SET	LB	REPS	REST
1	0%	15	0 s



### Stretching, Mobility, Activations

#### 1F. Clams

Can place a band around knees if you have one.



SET	LB	REPS	REST
1	0%	15	0 s



#### 1G. Thoracic Spine Rotation All Fours

1x10es



SET	LB	REPS	REST
1	0	10	0 s



### A1-A3

If you have an exercise ball, do the leg curls instead of the calf raises.

#### 2A. Lunge to Step Up

3x10es \*You can hold weights if you have them.



SET	LB	REPS	REST
1	0	10	30 s
2	0	10	30 s
3	0	10	30 s



#### 2B. Dead Bug with Knees Bent DNS

3x10es



SET	LB	REPS	REST
1	0	10	30 s
2	0	10	30 s
3	0	10	30 s



#### 2C. Calf Raise Single Leg with Chair Support

3x15 each side \*You can hold weights if you have them.



SET	LB	REPS	REST
1	0	15	30 s
2	0	15	30 s
3	0	15	30 s



## A1-A3

### 2D. Stability ball leg curl

3x12 \*Do this instead of the calf raises if you have a ball.



SET	LB	REPS	REST
1	0	12	30 s
2	0	12	30 s
3	0	12	30 s

## B1-B3

If you have a band, do the lat pulldown seated instead of the push up hold.

### 3A. 3 Point Lunge



3x5 of each lunge per side. \*You can hold weights if you have them.

SET	LB	REPS	REST
1	0	15	30 s
2	0	15	30 s
3	0	15	30 s

### 3B. Side Bridge Hip Lift



3x10es can do this from your knees. \*You can add a weight to your top hip if you have them.

SET	LB	REPS	REST
1	0	10	30 s
2	0	10	30 s
3	0	10	30 s

### 3C. Isometric Hold at Bottom of Push-up



3x30s \*You can replace this with a chest fly if you have weights.

SET	SECS	REPS	REST
1	30	1	30 s
2	30	1	30 s
3	30	1	30 s

### 3D. Lat Pulldown Seated



3x10 \*Do this instead of the push up hold if you have a band to use.

SET	LB	REPS	REST
1	0	10	30 s
2	0	10	30 s
3	0	10	30 s

## Cardiovascular

If you have a bike, skipping rope, elliptical, or rower, feel free to use that here with the same rep scheme of 30s on, 30s rest. You can do anywhere from 3-8 sets based on your level.

### 4A. Inchworm



3x30s of inchworms, 15 seconds rest before push up/jumps.

SET	SECS	REPS	REST
1	30	1	5 s
2	30	1	15 s
3	30	1	15 s

### 4B. Push-up to Russian Split Jump



3x30s of alternating push ups and jumping lunges. Rest for 15 seconds and then repeat the inchworms.

SET	SECS	REPS	REST
1	30	1	5 s
2	30	1	15 s
3	30	1	15 s

## Cardiovascular

Perform these two exercises in a circuit. Inchworms once, and then push up to lunge jumps once. Repeat these two exercises three times.

## Exercise Descriptions

### 3 Point Lunge

Standing tall with neutral spine. Perform a forward lunge, lateral lunge and backward lunge with same leg. Alternate legs for designated repetitions.

### Active Calf

On hands and feet alternate pushing heels into ground. Feel stretch in calves.

### Calf Raise Single Leg with Chair Support

Stand up straight with a neutral spine in front of a chair. Using the chair for support pull one foot up towards your buttocks and at the same time raise up onto your toes. At the same time that you lower your leg you will also put your other foot back on the ground. Repeat using the other foot.

### Clams

Athlete lays on side with legs bent together. Then top hip is abducted and opens up like a clam shell keep feet together.

### Dead Bug with Knees Bent DNS

On back close to wall place your hands on the wall and bring knees to chest. While maintaining a neutral spine extend one leg out while pressing the opposite arm into the wall. Hold for 2 secs and repeat motion on the other side.

### Glute Bridge (bridge arms crossed on chest with dorsiflexion)

Lie on your back with your knees bent. Squeeze your buttocks together and lift them off the ground to make a straight line with your body. Slowly lower your body and repeat. Your head, shoulders and feet are the points of contact on the ground in the high position. Either have your feet completely on the ground or only your heels.

### Hip Flexor Quad Stretch

With knee on pad in hip flexor stretch reach back and grab extended foot to stretch quadriceps while stretching hip flexors extending hips and maintaining a neutral spine.

### Horsestance

Athlete is on hands and knees where opposite leg and arm are

extended. Ensure thumb is up and foot is dorsiflexed. Do not hyperextend lower back and alternate sides continuously.

### Inchworm

In prone push up position walk feet to hands followed by walking hands out returning to push up position. Repeat maintaining a stable pelvis and neutral posture.

### Isometric Hold at Bottom of Push-up

In push up position with hands shoulder width apart and hands underneath chest. Lower yourself into bottom position of push up and hold. Ensure neutral spine and hips same level as shoulders.

### Lat Pulldown Seated

Sitting holding bar overhead, pull bar to upper chest. Engage scapula and latissimus dorsi.

### Lunge to Step Up

Perform a lunge, with the same leg lunging back perform step up onto box. Maintain neutral spine throughout exercise.

### Pigeon Pose Alternating Hold

In push up position, bend on knee and internally rotate and place on ground underneath body. Extend other leg straight back and hold for few seconds and repeat with other leg.

### Push-up to Russian Split Jump

Perform one push up and then perform an alternating lunge jump on each side. Repeat combination. Maintain posture.

### Side Bridge Hip Lift

In side bridge hold drop hips just before hitting floor then raise them back to neutral. Perform controlled movements.

### Stability ball leg curl

Start: Lie back on the floor with the legs extended, raised 45 degrees off the floor, and with the heels on the ball. Action: Keeping the hips extended, pull/roll the ball in towards the rear end by bending knees, and until the feet are flat on the ball. End: Extend knees and roll the ball back out to the starting position.

### Thoracic Spine Rotation All Fours

On hands and knees athlete brings arm across body then opens up hand towards ceiling following with eyes.

## Workout #5 - Run

FRI, MAR 20, 2020

### Pre-Run Warm Up

#### 1A. Hip Flexor Quad Stretch



1x30s es

SET	SECS	REPS	REST
1	30	1	0 s



#### 1B. Downward Dog to Pigeon



1x6es

SET	LB	REPS	REST
1	0%	6	0 s



#### 1C. Reverse Lunge with Rotation



1x10es

SET	LB	REPS	REST
1	0	10	0 s



#### 1D. Active Calf



1x10es

SET	LB	REPS	REST
1	0%	10	0 s



#### 1E. Horsestance



1x10es

SET	LB	REPS	REST
1	0%	10	0 s



### Pre-Run Warm Up

#### 1F. Leg Swings Forward to Backward



1x10es

SET	LB	REPS	REST
1	0%	10	0 s



#### 1G. Walking on the Heels, Unsupported



1x30s

SET	SECS	REPS	REST
1	30	1	0 s



#### 1H. Walking on Toes



1x30s

SET	SECS	REPS	REST
1	30	1	0 s



#### 1I. Ankle hop



SET	LB	REPS	REST
1	0	15	0 s



#### 1J. A-Skip



1x10es

SET	LB	REPS	REST
1	0	10	0 s



### Running

#### 2A. Run

No Image

5km distance at a steady, maintain-able pace. Focus on same thing as Day #1-Run. Track your time, and aim to beat it next week!

SET	MINS	REPS	REST
1	30	1	0 s

Post-Run Cool Down

3A. Calf Stretch with Bent Leg (Soleus)



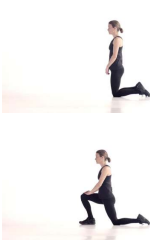
1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	

3B. Calf Stretch with Straight Leg (Gastroc)



1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	

3C. Hip flexor stretch, lunge position



1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	

Post-Run Cool Down

3D. Hamstring Band Stretch



1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	

3E. Child Pose Stretch



1x30s es				
SET	SECS	REPS	REST	
1	30	1	0 s	

## Exercise Descriptions

### A-Skip

Perform a skipping motion in good running posture. Move efficiently and with rhythm.

### Active Calf

On hands and feet alternate pushing heels into ground. Feel stretch in calves.

### Ankle hop

Start: stand upright with the legs close together and knees extended. Action: Bend the knees slightly, and jump explosively into the air by extending the knees and pushing off the toes. Upon landing, rebound off the floor as quickly as possible, by pushing off the toes and with minimal bend in the knees. End: Continue to explosively jump with an emphasis on pushing off the toes for the required number of repetition.

### Calf Stretch with Bent Leg (Soleus)

With toes on elevate surface and heel on floor, bend knee towards toes until calf stretch is felt.

### Calf Stretch with Straight Leg (Gastroc)

With toes on elevate surface and heel on floor, keep knee straight and bring hip towards toe until calf stretch is felt.

### Child Pose Stretch

Kneel on the floor, reach both arms straight out in front, hands supported on floor. Shift buttocks back toward heels, keeping hands supported on the floor. Hold as per instruction. Return to start position.

### Downward Dog to Pigeon

Starting in push up position walk feet up to form downward dog pose. Followed by swinging leg across body to form pigeon pose. Hold each pose remember to breath during hold.

### Hamstring Band Stretch

Lie face up on floor, holding band with both hands looped around one foot lift leg up towards ceiling until hamstring stretch occurs.

### Hip Flexor Quad Stretch

With knee on pad in hip flexor stretch reach back and grab extended foot to stretch quadriceps while stretching hip flexors extending hips and maintaining a neutral spine.

### Hip flexor stretch, lunge position

Down on one knee in lunge position, knees shoulder width apart. Gently shift pelvis anteriorly, feeling stretch in anterior hip and thigh. Hold, return to start position, repeat. Stop if the exercise causes pain.

### Horsestance

Athlete is on hands and knees where opposite leg and arm are extended. Ensure thumb is up and foot is dorsiflexed. Do not hyperextend lower back and alternate sides continuously.

### Leg Swings Forward to Backward

Holding on to stable object, perform leg swings while standing on one leg. Ensure neutral spine during swing.

### Reverse Lunge with Rotation

Athlete performs a backwards lunge. At the bottom of lunge rotate towards lead leg. Maintain stability in hips and a neutral posture.

### Run

### Walking on the Heels, Unsupported

Stand up straight with a neutral spine. Lift toes off the ground and walk forwards on your heels. Turn around and walk back on your heels to the starting position. Repeat as required.

### Walking on Toes

Stand up straight with a neutral spine. Lift your heels off the ground and walk forwards on your toes. Use a table as support if needed. Turn around and walk back on your toes to the starting position. Repeat as required.