

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

This can be a brisk walk!

Running

2A. Run

No Image

15 minutes at a 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	15	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

2x10



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



2B. Wall squats

2x10



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



2C. Plank

2x30s



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



B1-B3

B1-B3

3A. Backwards lunge



2x10es

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



3B. Side bridge, from knees

2x20s es



SET	SECS	REPS	REST
1	20	1	30 s
2	20	1	30 s



3C. Bent Over Y-T-I



2x10 of each letter.

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



Cardiovascular

4A. Mountain climber with chair support



2x30s 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



4B. Stairs



2x30s going up and down the stairs (hold the railing!), and then 30 seconds of rest before moving back to the mountain climbers.

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

Cardiovascular

Perform these three exercises in a circuit. Mountain climbers once, and then stairs once. Repeat this two times.

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.

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.

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, from knees

Lying on one side with knees bent, weight supported by elbow/forearm which rests directly below the shoulder. Raise hip off floor, moving spine from side flexed to straight alignment. Engage your core. Avoid rotating backward or forward. 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.

Wall squats

Stand with back against wall, arms crossed at chest, feet 12 inches from wall and shoulder width apart. Engage your core and keep low back in neutral position throughout exercise. Lower body down slowly, do not bend knees past 90 degrees. Hold as per instruction, slowly raise up to start position. Stop if the exercise causes pain.

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

This can be a brisk walk!

2A. Run

No Image

10 sets of alternating 60 seconds moderate pace, 30 seconds faster pace. Focus on same things as Day #1-Run.

SET	MINS	REPS	REST
1	15	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

2A. Vastus Medialis Oblique (VMO) Wall Strengthening

2x30s es



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



2B. Dead bug

2x10



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



2C. Calf Raise Single Leg with Chair Support

2x15 each side



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



B1-B3

B1-B3

3A. Shoulder external rotation (isometric)



2x30s es

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

3B. Side Bridge Hip Lift



2x10es can do this from your knees.

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

3C. Isometric Squat Single Leg

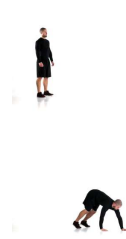


2x20s es

SET	SECS	REPS	REST
1	20	1	30 s
2	20	1	30 s

Cardiovascular

4A. Inchworm



3x30s of inchworms, 30 seconds rest before step ups.

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

4B. Step up step down



3x30s alternating legs on a small step. Rest for 30 seconds before returning to the inchworm.

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

Cardiovascular

Perform these two exercises in a circuit. Inchworms once, and then step ups once. Repeat these two exercises three times.

Exercise Descriptions

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

Lying on back with feet on the floor, knees bent 90 degrees and arms extended toward the ceiling. Slowly straighten one leg out and raise the opposite arm over head toward the floor. Engage core throughout movement. Hold as per instruction and return to starting position and repeat with opposite side. Stop if the exercise causes pain.

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 Squat Single Leg

Standing on one foot, perform a squat and bottom position. Ensure chest and head are up while maintaining neutral spine.

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.

Shoulder external rotation (isometric)

Standing or sitting close to a wall. Arm by side, elbow bent 90 degrees, place hand/wrist against wall. Press gently outward against wall. Hold as per instruction. Stop if the exercise causes pain.

Side Bridge Hip Lift

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

Step up step down

Stand in front of a step and step up (you can also use a stair/stool). Raise opposite leg up slowly, avoid leaning forward with upper body. Engage your core. Step down in reverse order. Stop if the exercise causes pain.

Thoracic Spine Rotation All Fours

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

Vastus Medialis Oblique (VMO) Wall Strengthening

Standing parallel with wall, rest hip and bend same side leg against wall. Standing on leg furthest from wall with slight knee bend, drive body into wall. Ensure neutral posture. Weight to back 2/3rds of outside/support leg.

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

This can be a brisk walk!

2A. Run

No Image

2km 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	10	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

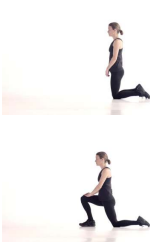
3B. Calf Stretch with Straight Leg (Gastroc)



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.