

SPRING II/SUMMER RUNNING PROGRAM

Pre Activity Preparation – Running Program

TUESDAY

Section 1 – Basic Movement Prep

Set 1

In Place Movement
Strength Movement
Movement [20 yards]
Flexibility

Transverse Lunge – open right x 5
Lateral Lunge x 5 reps
Crossover Run
Hip Flexor [lunge] combo with Hamstring

Set 2

In Place Movement
Strength Movement
Movement [20 yards]
Flexibility

Transverse Lunge – open left x 5
Lateral Lunge x 5 reps
Crossover Run
Standing Leg V alternate arm to toe with reach

Set 3

In Place Movement
Strength Movement
Movement [20 yards]
Flexibility

Squat/Palms Down/Hip Extension x 5
High Knee Hug to Lunge with inside reach x 5 each
Straight Leg Kick
Sumo Squat and Hold

THURSDAY

Section 1 – Basic Movement Prep

Set 1

In Place Movement
Strength Movement [10 yards]
Movement [20 yards]
Flexibility

Counter Balance Squat x 5
Forward Walking Lunge x 5 each leg
Basic Skip
Standing Leg V alternate arm to toe with reach

Set 2

In Place Movement
Strength Movement [10 yards]
Movement [20 yards]
Flexibility

Squat/Palms Down/Hip Extension x 5
Reverse Walking Lunge x 5 each leg
High Knee Hug
Hip Flexor [lunge] combo with Hamstring

Set 3

In Place Movement
Strength Movement
Movement [20 yards]
Flexibility

Leg Swing x 5 each leg
High Knee Hug to Lunge with inside reach x 5 each
Straight Leg Kick
Sumo Squat and Hold

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Section 2 – Deceleration/Come to Balance – Athletic Position

Set 1 - Deceleration

Lateral Shuffle – left leg lead/ right leg lead

5 yard stick

5 yard plant and return

5 yard plant and return repeat

Set 2 - Deceleration

Speed Run [crossover run] – left leg lead/ right leg lead

5 yard stick

5 yard plant and return

5 yard plant and return repeat

Set 3 - Deceleration

Sprint – left leg lead/ right leg lead

5 yard stick

5 yard plant and return

5 yard plant and return repeat

Set 4 - Deceleration

Back Peddle – left leg lead/ right leg lead

5 yard stick

Set 5 - Deceleration

Lateral Shuffle/Speed Run combo – left leg lead/ right leg lead

5 yard plant and return

5 yard plant and return repeat

Set 6 - Deceleration

Sprint/Back Peddle Combo – left leg lead/ right leg lead

5 yard plant and return

5 yard plant and return repeat