

MRA INDOOR TRACK - 2023

PRE-HABILITATION PROGRAM – JANUARY 4 2023

GOALS:

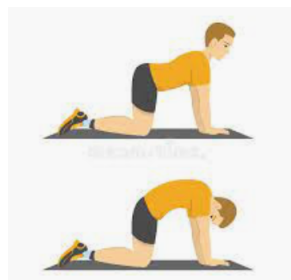
1. Injury prevention during transition into indoor track running– strengthen running specific muscles, allowing muscles and tendons to absorb new impact forces.
2. Improve running economy and coordination
3. Address any imbalances

FREQUENCY:

- Aim to perform series 2-3x per week
- Focus on form and quality of movement over number of repetitions

PROGRAM:

1. **CAT-COW** ~10-15 slow reps (inhale/exhale)
 - In 4-point position - kneel on hands and knees
 - Align hands under shoulder. Elbows shoulder be straight (not hyperextended)
 - Align knees under hips, at hip-width apart
 - Arch your back down and slowly lift your head– inhale as you dip towards the floor
 - Round back up towards ceiling as your head moves downwards – exhale as you round back
 - For wrist pain modifications, place block under hands and let fingers/thumbs fall over the edges



2. BRIDGE

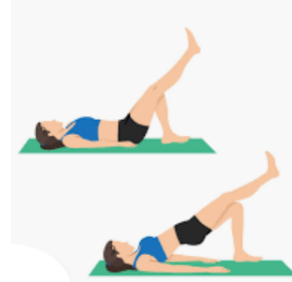
Double Leg Bridge

- Lying on back with knees bent (~90deg bend) and feet flat on ground
- Arms resting flat on ground along the side of body (place arms across chest or behind head for more of a challenge)
- Tighten lower abdominals and squeeze glutes as you raise hips upwards (Body should form a straight line from your knees to shoulders)
- Hold 5 seconds; 10-15 repetitions (repeat 2-3x)

*If you are looking for a greater challenge, perform sets 2-3 as 'single leg bridges'

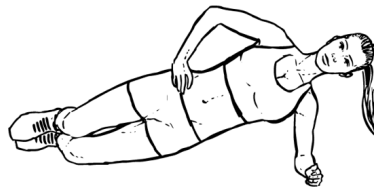
*Single leg bridge **complete 1st set as double leg bridge*

- Same set up as above; but raise one leg off ground before lifting your hips of the floor
- Hold 5 seconds, slowly lower back to floor; repeat 5 x on Right, 5x on Left (perform 2-3 sets)



3. SIDE PLANK

- Begin side lying on floor with knees bent to ~90deg angle
- Keep elbow stacked under shoulder
- Take deep breath in, as you exhale drive up through your glutes to lift your hips up and forwards. Hips should be in line with shoulders and knees.
- Hold for 3-5seconds and then lower to floor with control. Repeat 5 times (2-3sets as able).



4. BODYWEIGHT SINGLE LEG RDL

- Start in upright, single leg position with your core and glutes engaged, and one leg in hip flexion at 90deg
- Focus on keeping pelvis level and torso straight – hold single leg standing position for 5 seconds. 'Standing' leg should not be 'locked out' – keep a slight bend in knee
- Extend your leg behind while maintaining a neutral spine. Extend arms out in front, or use sidewall as stability as needed.
- Hold leg in extended position for 3-5 seconds. Make sure to keep your pelvis level (both hip bones should be pointing towards the floor)
- Repeat 5 times on each leg (perform 2 sets).



5. GLUTE STAR EXCURSION

- Start in squat position (1/4 squat position)
- Transfer all your weight onto one leg and focus on using glutes and keeping knee from falling inwards to midline
- With non-weight bearing leg, Perform 3 toe taps out to the side; 3 toe taps diagonally back; 3 taps diagonally forwards. Come back up to full standing.
- Re-set into squat position. Repeat with opposite leg.
- Perform 2 full rounds on each side.

*Take breaks as needed to ensure proper form



6. STANDING CALF RAISE

- Stand with equal weight between left and right
- Raise up on your toes, keep knees straight.
- Focus on moving straight up, pause, and slower lower
- Use wall for support if needed, but avoid leaning into wall
- Repeat 10-15 reps; 2-3 times

*Consider standing with your back against wall with bum touching to avoid tendency of leaning forwards.

