

Exercise	Sets	Reps	Intent	instructions
Cat / cow w/ drop to heels	1	15	Lots of tightness built in hips when running hard, trying to reset that	Breathe in and round back down, breathe out round back up, drop but to heels to create stretch
Cobra stretch	1	15	reset things, stretch out hip flexors/ upper back	push with your arms, lead from the head, hips stay on ground
side to side windshield wiper	1	20	Keep moving things after hard running	
Star glute activation	1	touch 5x in all positions back, back 45deg, side, front 45deg, front	Activating the hips in all directions, stabilizing the hips	don't drop hips to one side put hands on hip bones to make sure, go slow
Squats	2	10	basic exercise, goal is that unless flagrant injury everybody should be able to do this basic movement	feet shoulder or little wider apart, pretend there is a cord on your tailbone and that cord goes straight up and down, knees point towards small toes, knees don't go forwards of toes
glute ham bridges	3	6-10	Glute activation/strengthening	feet flat, think pushing down with feet, not lifting torso,
Heel to the sky glute raise	3	8-12	Glute activation/strengthening	heel goes towards sky, do no point toes towards sky
Push ups	3	8-16	Upper body, arm swing, core	Do on knees if normal is too hard, if easy go chest to ground when you go down
Side plank on knee	3	30s or 5	Core, obliques, stability	body should be in straight line from head to knees
Superman	3	6-10	low back upper back, glutes, hamstring	don't overdo it go where comfortable
Bear plank - breathing	3	5-10 breaths	Stability, ability to breathe in braced positions, core	take deep breaths, breath to your belly, your lower torso should get little bit bigger on inhale, little bit smaller on exhale
Wall sit soleus (calf) raises	3	8-12	Sloeus is the calf raise that is used when the knee is bent, it has lots of endurance, it is super important for stability and injury prevention at the knee level	hold on top for 2 sec
single leg floor calf raises	3	8-15	Strengthening the part of the calf that works when leg is straight, important for speed and power	hold on top for 2 sec
Anterior tibialis (front shin muscle) wall raises	3	8-15	prevent injuries, prevent shin splints	hold on top for 2 sec, heels closer to wall is harder

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