

STRENGTH & MOBILITY ROUTINES



Post-Run Mobility (5 reps each side)

1. Iron Cross, Scorpion, Groiners (x10)
2. AIS Ham, Knee, Quad pulls
3. 2 x cycle: Dog, Cobra, Child

Core/Hips (10 reps)

1. Planks Matrix (timed 30-45 sec each)
2. Bird Dog
3. Dead Bug
4. Bridge (2 x 30 sec hold, 1 x 20)
5. Russian Twists, timed (30-60 sec)
6. Clams (standard air, reverse)
7. Leg Raises (in, out, neutral)

Bands

1. Baby Steps x 15-20 meters
2. Baby Side shuffle x 15-20 meters
3. Side squat shuffle x 15-20 meters
4. Squats x 10-20
5. FW/BW Speed Skater x 15-20 meters

Plyometric Work x 2

Pogos 1 x 20

1. Pogo hops, FW-BW (20), STS (20)

Skip Series 1-2 x 20 meters

1. Skips for Height and Distance
2. Prime Time

Body Weight Strength 1 (10-20 reps)

1. Push-ups
2. Superman
3. Bicycle Crunches
4. Eccentric Calf Raise
5. Lunge Matrix (5-8 x each side)
6. Bridge (Iso and Double Leg)
7. Squats – Standard, Split, Iso
8. Good Mornings
9. Mountain Climbers

Body Weight Strength 2 (15-20 reps)

1. Push-ups
2. Back Hypers w/Twist
3. Bicycle Crunches
4. Lunge Matrix
5. Bridge (Iso and Single Leg)
6. Squats – Prisoner, Plie, Narrow, Split
7. Good Morning
8. Hamstring Walkouts
9. Wave Lunge
10. Mountain Climbers (½ in, ½ out)
11. Eccentric Calf Raise

Body Weight Strength 3 (15-20 reps)

1. Push-ups
2. Back Hypers w/Twist
3. Partner Leg Toss
4. Lateral Step-Up to Box
5. Eccentric Calf Raise
6. Squats – Prisoner, Split, S-L-S, Jump
7. Lunge to Good Morning
8. Single Leg RDL
9. Bridge (Single Leg)
10. Hamstring Walkouts
11. Wave Lunge
12. Speed Skaters
13. Mountain Climbers (½ in, ½ out)

STRENGTH & MOBILITY ROUTINES

Barefoot #1

On grass, 10 meters

1. Forward walk
2. Backward walk
3. Toes in walk
4. Toes out walk
5. Outside of foot walk
6. Inside of foot walk
7. Toe walk
8. Heel walk

Heels and Toes

20-30 meters each

1. Toes Out
2. Heels Out
3. Toes In
4. Heels In
5. Toes Neutral
6. Heels Neutral

Barefoot #2

One grass, progress to eye or eyes closed

1. Double leg squat x 10
2. Single leg squat – L/R x 10
3. Single leg cycles – L/R x 10
4. Single leg squat – L/R, reach + touch
@ 12, 1:30, 3, 4:30, 6, 7:30
5. Double leg calf raises x 10
6. Single leg calf raises – L/R x 10

Barefoot #3

On grass

1. Straight leg, spell alphabet – L/R
2. Toe grab scoot – pull forward with toes and move forward x 20
3. Squatting calf raises – in 90° squat position, then raise heels x 10
4. Side foot calf raises - L/R, on lateral side of foot x 10 each foot
5. Everted toe squat – toes pointed out, on toes, squat x 10
6. Toe lunge walk – lunge while staying on toes x 10 meters