

## Movement Prep + Extras

### MOBILITY/ACTIVATION

Pick ONE Pre-Training Movement Prep Sequence To Complete



[Click this Link for Video of Option 1](#)

#### Option 1

- Prone flat/raised belly breaths x 10 ea
- Single leg glute bridge x 10 e/s
- Prone Y-W x 10
- Hip flexor pulses x 10 e/s
- 90-90 reach thru x 6 e/s
- Cat-camel x 8
- Lateral rocks x 6 e/s
- World's greatest stretch x 5 e/s
- Knee hug + arabesque x 5 e/s
- Skipping / Lateral skip / High knee skip x 30 ea



[Click this Link for Video of Option 2](#)

#### Option 2

- Bretzel x 5 breaths e/s
- 90-90 reach thru x 5 e/s
- Hip flexor pulses x 10 e/s
- Double leg glute bridge hold x 30"
- Supine neural glide/floss x 10 e/s
- Supine side to side x 5 e/s
- Prone scorpions x 5 e/s
- Assisted back ext x 5

## RUNNING PREPARATION

### Complete Prescribed Running Prep Sequence



[Click this Link for a Video of Basic Running Prep](#)

#### Basic Running Prep

- Complete 2x sets of each before moving to the next
- Jog return – Sprinter Lunge x 10m
- Jog return – A-March x 10m
- Lateral shuffle return – A-Skip x 10m
- Lateral shuffle return -Ankle Dribble x 20m
- Backward jog return -Ankle/Calf dribble x 20m



[Click this Link for a Video of T1 Drills](#)

#### T1 Drills

- Calf pump x 10m
- Lateral shuffle return x 10m-Pogo forwards x 10m
- Lateral shuffle return x 10m-Pogo backwards x 10m
- Carioca return x 10m-Split Pogo x 10m
- Carioca return x 10m-A skip x 10m
- Backward jog return x 10m-Ankle dribble x 10m
- Jog return-Ankle –Calf dribble x 20m
- Jog return-Ankle –Calf –Knee dribble x 30m
- Jog return-Dribble Transition (speed focus x 30m)
- Jog return-Build up strides 3 x 40m (60-70-80%)
- 30-40m Build up Flying 10m Sprint + Decel (x2)



[Click this Link for a Video of T2 Drills](#)

#### T2 Drills

- Knee hug + Lunge and twist x 10m
- Hip openers return x 10m-Arabesque x 10m
- Carioca return x 10m-Sprinter lunge x 10m
- Carioca return x 10m -A skip x 10m
- Backward jog return x 10m – Single exch. x 10m
- Lateral shuffle return x 10m-Triple exch. x 10m
- Lateral shuffle return x 10m-Continuous exch. x 10m
- Jog return x 10m-2 x 10m Accelerations
- Walk return-2 x 20m Accelerations
- Walk return-2 x 30m Accelerations

## CHANGE OF DIRECTION

### Complete Prescribed C.O.D Drills (x2-3 e/s)



[Click this Link for a Video of Option 1 COD](#)

#### Option 1

- Setup Cones/Markers with 5m between each
- Complete first rep with all left hand turns
- Rest 30"
- Complete second rep with all right hand turns
- Rest 30"
- Repeat for designated sets



[Click this Link for a Video of Option 2 COD](#)

#### Option 2

- Setup 2x parallel lines of 4x cones with 5m b/w each
- You must remain facing one direction during the drill
- Keep feet moving with small steps and start with...
- Forward run
- Diagonal backwards/right run
- Forward run
- Lateral right shuffle
- Backward run
- Diagonal forward/right
- Backward run
- Rest 30-45" then reverse the direction
- Repeat for designated sets



[Click this Link for a Video of Option 3 COD](#)

#### Option 3

- Setup 2x parallel lines of 4x cones with 5m b/w each
- Lateral shuffle left to hit cone
- Diagonal forward right run to hit cone
- Repeat x4 reps to hit last cone
- Take 45" to walk return
- Start at opposite cone and then
- Lateral shuffle right to hit cone
- Diagonal forward left run to hit cone
- Repeat x4 reps to hit last cone
- Take 45" to walk return
- Repeat for designated sets

## 'No Cones' Alternate Goal Post C.O.D.



Alternate To Option 1

[Click this Link for a Video of Alternate Option 1 COD](#)



Alternate To Option 2

[Click this Link for a Video of Alternate Option 2 COD](#)



Alternate To Option 3

[Click this Link for a Video of Alternate Option 3 COD](#)

# Strength Maintenance

**Aim to complete this program 2x per week**

The following videos and downloadable program will provide you with a simple method to maintain strength throughout the period of limited equipment access.

Each Level (1-3) represents an increase in difficulty whilst targeting same key areas.

These exercises should provide you with appropriate structural loading to major movement areas for activities such as running, jumping, bending and moving things.

Leg movements = Focus on range of motion, strength and stability

Core movements = Focus on stability and control

Upper body movements = Focus on control and shoulder function/stability.

## **Option 1: Set Reps** Complete as a circuit for 3 rounds.

- Complete each exercise for 10 reps
- Add 1-2 reps to each exercise after every 2<sup>nd</sup> session until you reach 20 reps.
- For static movements complete 20 seconds for each movement
- Add 5 seconds every 2<sup>nd</sup> session until you reach 45 seconds.

## **Option 2: Timed sets** Complete as a circuit for 3 rounds.

- Complete each movement for 20 seconds rotating in a circuit
- Add 5 seconds to each movement every 2<sup>nd</sup> session



## Level 1 Strength

[Click Link for Level 1 Strength Video](#)



### Level 1

- Isometric lunge
- Spiderman lunge
- Y-W Glides
- Plank
- Hamstring holds
- Bent knee curl up
- Side plank
- Bird dog (elbows)

## Level 2 Strength

[Click Link for Level 2 Strength Video](#)



### Level 2

- Reverse lunge
- Isometric Lateral lunge
- Scapula push up
- Plank rocks
- Single leg hamstring holds
- Hollow hold
- Side plank hip lifts
- Bird dog (hands)

## Level 3 Strength

[Click Link for Level 3 Strength Video](#)



### Level 3

- Sprinter lunge
- Lateral lunge
- Push up
- Plank up downs
- Hamstring switches
- Dead bug
- Side plank leg lifts
- Bear dog