**- Running -**

* Pre – Run Routines

Pick one pre-run routine to complete before you head out the door for a run! Find one that works for you or feel free to rotate through the routines listed below!

* + **Lunge Matrix**
		- Front Lunge x 10
		- Lunge w/ twist x 10
		- Lateral Lunge x 10
		- Back & to the side Lunge x 10
		- Backwards Lunge x 10
		- Example video: <https://www.youtube.com/watch?v=GJo7_MiRLkU>
	+ **SDSU Pre – Run Routine**
		- Front Plank x 30 seconds
		- Glute Bridge Pulses x 30 seconds
		- Backwards Lunge w/ knee drive x 10
* Example video: <https://www.youtube.com/watch?v=VOoMB8ysz40&list=PLgdpJV8qhK73s1DJmGEOzvlWgImeM4p9i>
	+ **Mini Band Routine**
		- Lateral Lunge x 10
		- Bird Dog x 10
		- Monster Walk x 10
		- Ski Walk x 10
		- Arch Roll Outs x 30 seconds
* Example video: <https://www.youtube.com/watch?v=oNEstgTTdo8&list=PLgdpJV8qhK73s1DJmGEOzvlWgImeM4p9i&index=3>
	+ **SDSU Pre-Race / hard workout Drills**
		- Hamstring Scoops x 20 meters (estimate distance for all drills)
		- Ankle grabs
		- Knee Grab
		- Frankenstein
		- Donkey Kicks
		- A – Skips
		- B- Skips
		- High Knees
		- Butt Kicks
		- Build-Ups 4 x 15-20 seconds
* Example video: <https://www.youtube.com/watch?v=AL81TqqwR68&list=PLgdpJV8qhK73s1DJmGEOzvlWgImeM4p9i&index=2>
* POST – Run Routines

Myrtl is a beneficial routine that should be done following every run. The extra post run maintenance ideas can also be done every day or several times a week ☺

* + **Myrtl**
		- Clams
		- Lateral Leg Raise
		- Donkey Kicks
		- Donkey Whips
		- Fire Hydrant
		- Knee Circle Forward
		- Knee Circle Backward
		- Hurdle Trail Leg Forward
		- Hurdle Trail Leg Backward
		- Lateral Leg Swing
		- Linear Leg Swing
		- Linear Leg Swing Bent Leg

**\*\* Make sure to do 10 reps on each leg for each exercise\*\***

* PDF Instructions: <http://www.njsportsmed.com/files/myrtl_routine.pdf>
	+ **Extra-Post run ideas**
		- Calf raises
		- Foam rolling
		- Arch Rolling
		- Example Videos

Foam Rolling: <https://www.youtube.com/watch?v=uLsCTc1zY2Q>

Calf Raises:

 <https://www.youtube.com/watch?v=7OTfk_YvyWE>

 Arch Rolling:

 <https://www.youtube.com/watch?v=IAvAmciUoC4>

* Strength Routines
	+ **Gambetta**
		- 20 x Squat
		- 20 x Lunges (10 each leg)
		- 20x step ups (10 each leg)
		- 10 x Jump Squats
		- Example video: <https://www.youtube.com/watch?v=RUJuk_jRv9E>
* See article for progression: <https://www.hmmrmedia.com/2010/12/the-gambetta-leg-circuit/>
	+ **Nike Oregon Project (NOP)**
		- Hot Salsa (10x each leg) \* could use Gal. of water or laundry detergent container… be creative ☺
		- Side Plank (10x each leg)
		- Clam Shells (10x each leg)
		- Reverse Clam Shells (10x each leg)
		- Mountain Climbers (15x each leg)
		- Runner Touch (10x each leg)
		- Jane Fonda (10x each leg)
		- Example video: <https://www.gtc-elite.org/oregon-project-stability-routine.html>
* Core
	+ There are SO many fun and effective core exercises that you can do! Try to spend 5-10 minutes on core at least 2-3 times a week. Core is an easy routine to do after you finish your run! Linked below is a core video for adolescents. Feel free to use it as a starting point and also feel free to find some new ones that peak your interest!
		- Example Video: <https://youtu.be/_VoERsMCZIg>
* Habit Tracker
	+ A “habit tracker” is a great way to keep track of good habits that you are trying to form and make note of when you do them. It’s a great visual tool that allows you to see your progress every day!
	+ How it works: At the top, you can write down all the habits you are currently working on or would like to form. A few ideas of things you could track for Max Performance are: do core, get 8+ hours of sleep per night, do strength work, and completing post-run stretching/maintenance work. You could even keep track of the days you read, play outside instead of inside, call your grandparents, etc!



* + To the right, you will find a picture of a Habit Tracker Sample with additional directions. You will also find a link to a blank habit tracker. Feel free to make your own or edit the copy as you wish!

<https://www.dropbox.com/s/jo1eo1pd60z2rrz/Habit%20Tracker.pdf?dl=0>