**- 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>

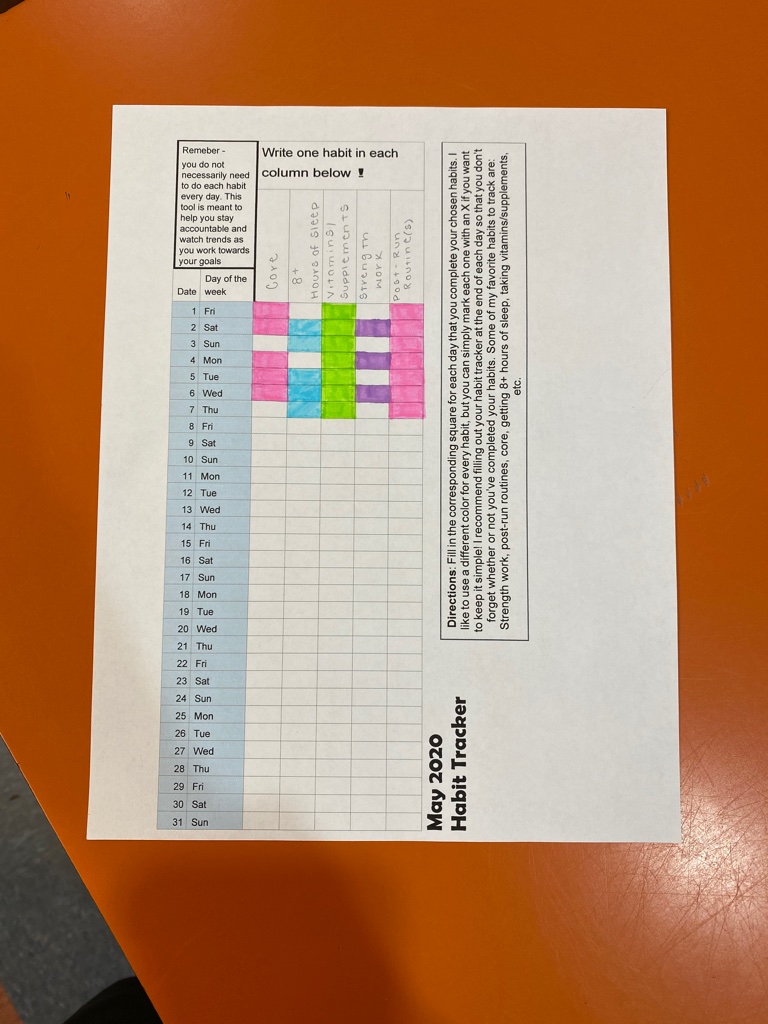
Calf Raises:

<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>