

Walking Drills (pre-run)

Heel Walks (w/arm circles)
Toe Walks (w/arms crossing)
Backwards Steps
A Marches
Sidesteps
Leg Swings (Forward & Lateral)

Core X (30 seconds each)

Running V-sits
Flutter Kick w/Arms
Flutter Kick V-sits
Side Plank Leg Lift (one side)
Supine Leg Lift
Side Plank Leg Lift (other side)
Supermans
Push-Up to Side Plank
Scissor V-sit
Clapping Push-Ups

Back Maintenance

Alternating Supermans (x10)
Prone Double Arm Raise (x10)
Prone Straight SL Lift (x10)
Prone Army Crawl (x10)
Straight Leg Circles (x5 – 2 ways)
Good Mornings (x20)
Superman Shoulder Squeeze (x10)
Flutter Kick w/Arms (30 sec)
Exaggerated Crunches (x10)
Cat-Cows (x10)

Hip Mobility

Donkey Kicks (x10)
Scorpions (x10)

Donkey Whips (x10)
Iron Cross (x10)

Fire Hydrants (x10)
Side Plank & Leg Lift (x5)

Trail Leg (x5 – Forward/Backward)
Lateral Leg Swing (x10)
Linear Leg Swing (x10)
Push-Ups (x20)

Planks (60 seconds each)

Forward Plank
Left side Plank
Right side Plank
Back Plank