

PREPARATION

WARM-UP PROGRESSION:

1. 5 minutes Easy Cardiovascular
2. Tissue Mobilization/Preparation
3. Dynamic
4. Specific Hip Mobility – if needed
5. Active Stretch

TISSUE MOBILIZATION

Foam Roll (5 – 10 passes):

- IT Band + Lateral Quad
- Calf
- Glute + Piriformis
- Latissimus
- Pec + Bicep

DYNAMIC WARM-UPS

Sprints:

- 20m Franks
- 20m Side Shuffle ea.
- 5 x Cross-Behind Lunge ea.
- Carioca
- “A” March
- Backward “A” March
- “A” Skip
- Backward “A” Skip
- “B” Skip
- Leg Shaking
- Crossover Run
- High Knees Butt Kick
- Backward Run
- Light Acceleration
- Leg Swings (F/B + Side)

Lifting:

- McGill Abs 10 x 5 sec hold ea.
- Side Plank 3 x 10 sec
- Bird Dog: 3 x 10 sec hold ea.
- Shoulder Circles x 12 ea.
- Arm Circles (lateral, front, overhead) x 5 ea.
- Wrist Circles x 12 ea.
- Push Ups x 10
- Body Weight Squats x 20
- Poliquin Split Squat x 10 ea.
- Cross-Behind Lunge x 5 ea.
- Leg/Arm Shaking
- First Lift: 10 x 50%
- First Lift: 5 – 7 x 60%
- First Lift: 3 – 5 x 70%

HIP MOBILITY

Hurdle Series:

- Lateral Skip-Over
- Walkover
- Alternate Walkover
- Over Under
- Alternate Over Under

Floor Series:

- Roll-Up to V-Sit and Reach
- Lying Bent Knee Rotation
- Iron Cross
- Prone Scorpion

ACTIVE STRETCH

*PNF: Antagonist Contract 5 sec → Relax 10 sec, repeat 3x, followed by a 5 second agonist contraction.

Lower Leg:

- Massage Lateral Space Between Tib and Calf Muscle
- PNF Bent Knee Calf Stretch
- PNF Straight Leg Calf Stretch
- Ankle Rocker Shuffle
- Ankle Rocker Shuffle
- Dorsiflexed Foot Wipers

Knee/Hip:

- Massage Lateral Edge of VMO
- PNF Prone Quad
- PNF Kneeling Hip Flexor
- PNF Straight Leg Hamstring
- PNF Bent Knee Hamstring
- PNF Lying Glute
- Z-Sit x 10 sec ea.

RECOVERY METHODS

High Intensity Session

*Intra-session and immediately post

- Belly Breathing: 20 breaths between sets
- Leg Shake: Between Sets
- Easy Passive Stretch: 30 – 60 sec holds, no straining, post training
- 3 x 40m Sprint @75% (post-lifting session only)
- 3 x 40m Run @ 60% (sprinters)

Post High Intensity Session: 2 – 3X/week

*Done in the hours following high-intensive sprints or lifts.

- Hot/Cold Contrast: Cold-Hot-Cold-Hot-Cold (1 minute each)
- Epsom Salt Bath
- Massage
- Belly Breathing + Meditation (10 – 20 minutes)

Low Intensity Training Days

*Anytime throughout the day

- ART (active release technique)
- Deep Tissue Massage: 30 – 60 minutes
- Deprivation Chamber
- Acupuncture