

Drills, Core, & Warm Up

Static Stretches (Everyday):

1. Hamstring **all for 20 seconds each**
2. Quad
3. R/L arm across chest
4. Arm circles
5. IT band
6. Calf
7. Knee to Chest

Dynamic Stretches (Everyday):

1. Heel walks
2. Toe walks
3. Inward walks
4. Outward walks
5. Quad stretch
6. Oil Rigs
7. Walking lunges
8. Straight legs
9. Knee cradle
10. High kicks
11. A skips
12. B skips

Daily Practice Routine

1. Attendance
2. Injuries / Fatigue / Today's Work Out Explanation
3. Stretch upstairs by track
4. Dynamic Stretching
5. Specific Day's Workout
6. *Strides Feedback the Day's workout
7. * Static Stretching
8. 10-min easy cool down (or mile)
9. *Core
10. Tomorrow's workout / and how to prepare
11. Log Your Day's Progress & Workout Times (if applicable)

Workouts

Objective

- | | |
|--------------|-----------------|
| 1. Distance | Build Aerobic |
| 7. Easy Runs | Muscle Recovery |
| 8. Off | Muscle Recovery |