

## **Dynamic Flexibility Routine - Done before workout**

5 minute warm up jog

Mark off a 20m line

- Skips with arm circles forward - up
- Skips with arm circles backward - back
- Sideways skip with arm swing - up & back face the same direction
- Leg Cross toe touch - up
- Toes in Toes Out - back
- Hamstring/Quad Pull - up
- Glute Pull - back
- Hip Opener Hops - up & back
- Frankenstein, walking/skipping - up & back
- Calf Raises
- Ankle Rolls
- Cat/Cow
- Hip Swings
- Iron Cross
- Scorpion

## **Form Circuit - Done after form circuit**

- Butt Kicks
- High Knees
- Carioca
- High Skips
- Straight Leg Shuffle
- Walking Lunge
- Bounding
- Backward Run
- A walk/skip
- B skip
- Fast leg

## **Sample Day 1 Workout**

5 minute warm up jog

- Calf Raises
- Ankle Rolls
- Cat/Cow
- 50-100m strider
- Hip Swings
- Iron Cross
- 50-100m strider
- Scorpion
- Fast leg
- Skips with arm circles forward - up
- Skips with arm circles backward - back
- 50-100m strider
- Sideways skip with arm swing - up & back face the same direction
- Leg Cross toe touch - up
- Toes in Toes Out - back
- 50-100m strider
- Hamstring/Quad Pull - up
- Glute Pull - back
- Hip Opener Hops - up & backs
- 50-100m strider
- Frankenstein, walking/skipping - up & back
- Butt Kicks
- High Knees
- 50-100m strider
- Carioca
- High Skips
- Straight Leg Shuffle
- 50-100m strider
- Walking Lunge
- Bounding
- Backward Run
- 50-100m strider
- A walk/skip
- B skip

Static Stretching

## **Static Stretching**

- Butterfly
- Straddle
- 4 Stretch/glute stretch
- Low lunge
- Calf Stretch
- Achilles
- Hamstring stretch
- Quad stretch
- Arm & shoulders

Hold each stretch for 15-20 seconds.

## **Strength Work**

- V-ups
- Plank
- Crunches
- Sit Ups
- Squats
- Lunges
- Push Ups
- Mason Twist
- Single Leg Squat
- Fire Hydrant
- Donkey Kicks
- Single Leg Bridges
- Monster Walk
- Plié Squat

Always monitor the kids to make sure they have proper form on every rep. Kids should do 8-15 reps (start low and increase as they get stronger) and 2-3 sets. Pick a couple each practice.

Week	Day 1	Day 2	Day 3	Day 4
Week 1	Sample day 1 workout Stretch	Warm up jog Dynamic stretching (DS) Form Circuit (FC) 20 min jog easy Stretch	Sample day 1 work out Stretch	
Week 2	Warm up jog DS FC 20-25 min easy jog Stretch	Sample day 1 workout Stretch	Warm up jog DS FC 20-25 min easy jog 3-5 striders of 80-100m Stretch	
Week 3	Warm up jog DS FC 30 sec on/off Strength Stretch	Warm up jog DS FC 25 minute easy jog 3-5 striders of 80-100m Stretch	20-30 minute run at home	Race Day!
Week 4	Warm up jog DS FC Centipede Run - 20 min Strength Stretch	Warm up jog DS FC 20-30 min easy jog Strength Stretch	20-30 minute run at home	Race Day!
Week 5	Warm up jog DS FC Hills - 6-8 x's Stretch	Warm up jog DS FC 2 min race pace 2 min rest X's 5 (20 minutes) Stretch	20-35 minute run at home	Race Day!
Week 6	Warm up jog DS FC Out & Back Challenge run Strength Stretch	Warm up jog DS FC 20-35 minute easy jog 3-5 striders of 80-100m Stretch	20-35 minute run at home	Race Day!
Week 7	Warm up jog DS FC Fartlek Strength	Warm up jog DS FC Hills - 6-8 x's Stretch	20-40 minute run at home	Race Day!

Week	Day 1	Day 2	Day 3	Day 4
Week 8	Warm up jog DS FC Out & Back Challenge run Strength Stretch	Warm up jog DS FC 20-35 minute easy jog 3-5 striders of 80-100m Stretch	20-40 minute run at home	Race Day!

- **Easy jog** should be done at a low intensity level where it is way to breath and hold a conversational pace.
- **Striders** are short runs that build in intensity in thirds. Ease into full speed, hold full speed, drop back out.
- **30 sec on/off** - 30 seconds of running just above race pace followed by 30 seconds of jogging/walking. You should see a drastic difference between the on an off, not trying to run the same pace the whole time. Do the ons 15 times.
- **Centipede Run** - Line kids up (you may have to split them into groups depending on your team size) and have them begin jogging on a set course. At the sound of a whistle have the runner in the back of the line sprint to the front. Repeat until you have run for the desired amount of time (20 minutes or so).
- **Hills** - Have the kids run up the hill without losing momentum and focusing on form. Jog/walk down.
- **Out & Back Challenge run** - Pick a loop or line (where you can see everyone) and start running as a group. As kids tire have them stop. Keep running until you are down to one runner left and turn to pick up the rest on the way back. Encourage them to see how far they can go!
- Remember all workouts can be done as walk/jogs if kids are unable to run continuously. Be gentle but encouraging and have them just keep moving!
- You can always increase or decrease based on runners needs.