

Warmup routine

This warmup should be done before each run

Hip girdle exercises

Side-Side leg swings – 15 reps per leg

Front-back leg swings – 15 reps per leg

Hurdle trail leg (forward) – 15 reps per leg

Hurdle trail leg (backward) – 15 reps per leg

Hurdle walkover exercises

Forward single leg walkover – 10 steps w/ right lead leg, 10 steps w/ left lead leg

Backward single leg walkover – 10 steps w/ right lead leg, 10 steps w/ left lead leg

Lower leg exercises

Dynamic calf-stretch (gastroc) – 30 reps (15 reps per leg)

Dynamic calf-stretch (soleus) – 30 reps (15 reps per leg)

Heel walk – 15 steps out, 15 steps back

Glute activation exercise

Hip drop – 15 reps per side