

Warmdown routine:

Do this warmup after every run

Foam Roll: foam roll both calves, hamstrings, quads, and IT band

Hip drop – 2 sets of 15 reps per side

<https://www.kinetic-revolution.com/simple-glute-mediis-exercise-for-runners>

Do this exercise slowly, and do not “scrunch up” your back – drop your hip, lift that hip

Stretches:

- Piriformis stretch
<https://www.youtube.com/watch?v=eKp2f5-jRbl&t=3s>
- IT band stretch
<https://www.youtube.com/watch?v=cf3hapBV-Nc>
- Seated arch stretch – 5 sets of 10 sec per foot (total of 10x overall)
Sit down, remove shoe, pull back on toes/ball of foot and hold

Core exercises

	Freshmen	Sophomores	Juniors/Seniors
Front plank	45 sec	60 sec	90 sec
Side plank (right arm)	45 sec	60 sec	90 sec
Reverse (supine) plank	45 sec	60 sec	90 sec
Side plank (left arm)	45 sec	60 sec	90 sec
Supermans	2 sets of 15 reps	2 sets of 15 reps	2 sets of 15 reps

Front plank and side planks: https://www.youtube.com/watch?v=ASdvN_XEI_c

Reverse (supine plank): <https://www.youtube.com/watch?v=krzMfXXqLw0>

Supermans: <https://www.youtube.com/watch?v=z6PJMT2y8GQ>