

Warmup routine

Do this warmup before every 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

All leg swings are in this video: <https://www.youtube.com/watch?v=korxBhGzzJE>

Hurdle walkover exercises: *your steps should be high enough to clear a 30 inch hurdle*

Forward Single leg walkover – 2 sets of 10 hurdles (4 reps: each set is out, then back)

*** go over imaginary hurdles, going forward, one step at a time*

Backward Single leg walkover – 2 sets of 10 hurdles (4 reps: each set is out, then back)

*** go over imaginary hurdles, going backward, one step at a time*

High knee sidestep – 2 sets of 10 hurdles per side (4 reps: each set is out, then back)

*** go over imaginary hurdles, going sideways, one step at a time*

Lower leg exercises

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

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

Both calf stretches are in this video: <https://www.youtube.com/watch?v=7Zs4hh4cp98>

Heel walk – 15 steps out, 15 steps back

<https://www.kinetic-revolution.com/shin-strengthening-heel-walk-drill-for-runners>

Glute activation exercise

Hip drop – 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