



ANCILLARY ROUTINES

"BUILDING A BETTER RUNNER FROM THE GROUND UP"

"Simple Ain't Easy"

"Daily" warm up routine for early season practices

Warm-up Portion:

- Jog 800 meters (that's 2 laps)
 1. 50 meters - side shuffle (with big arms) switch directions half way
 - Run 50 meters
 2. 50 meters - A skips, moving arms from out to the side to under knees
 - Run 50 meters
 3. 50 meters - windmill skips
 - Run 50 meters
 4. 50 meters - karaoke, switch side half way
 - Run 50 meters
 5. 50 meters -B skip
 - Run 50 meters
 6. 50 meters - Walking high knee pull ins, alternate legs
 - Run 50 meters
 7. 50 meters - Frankenstein leg kicks
 - Run 50 meters
 8. 50 meters - Lateral side bounds
 - Run 50 meters
 9. 50 meters - 2 shuffles, into side lunge wave (alt. sides)
 - Run 50 meters
 10. Fast single high knee, shuffle 3 steps, high knee Left, switch to Right ½ way through
 - Run 50 meters
 11. Fast single butt kick, shuffle 3 steps, butt kick left, switch to Right ½ way through.

Dynamic Stretches:

1. Arm circles, front and back -10
2. Arm swings, crossing front and back -10
3. Neck rolls, 5 each way
4. Wrist & ankle rolls, 5 each side & each direction
5. Hip circles - 5 each direction
6. Knee circles - 5 each direction
7. Alternate toe touches - 10 total
8. Groiners - 10 total
9. Grain split kicks (seated) - 10 each leg
10. Kneeling sidekicks - 10 each leg
11. Scorpion - 10 total
12. Straight leg crosses - 5 each side, and each leg
13. Eagles - 10 total
14. Hurdler roll ups - 5 each leg
15. Inverted splits and scissors - 10 each
16. Hurdler roll overs - 10 total
17. Leg swings (lateral & linear) - 10 each leg

CORE/AB ROUTINES

POSTURAL

Core F (30 - 60 seconds)
Medicine Ball Plank
Medicine Ball Knee to Elbow (30 sec. each side)
Lying Wood Chop
Russian Twist
Seated Figured 8

Core Back (hold for 5 sec. 5-10x)
Pelvic Press (press small of back to floor)
Back Rounders
Low Back Extensions (palms on floor)
Swimmers (10x)

Core H (30 - 60 seconds)
Prone Elbow Plank
Running Arms V-Sit
Lateral Plank – Left
Back Hyper – Flutter Kicks & Arms
Lateral Plank Right Side
Flutter Kick V-Sit
Back Hyper – Scissors & Breaststroke
Sit-Up, Elbow to Knee
Indian Sit Crunches
Scissor, Over-Under V-Sit (arms straight out)

STRENGTH

2 Minute Abs “Waller Around”
(Continuous with each exercise being just 10 reps)
Basic Crunch

- Knees bent, feet on floor
- Legs extended, feet 4-6 inches off the ground
- Knees in, bent at 90°
- Legs extended 4-6 in. off the ground, cross your feet
- Legs split

V-Sit ups
Toe touches (legs bent at 90°)
Basic Crunch

- Legs extended, 4-6 in. off the ground & slightly bend one leg, then the other (10 on each leg)
- Can opener: one leg extended and elevated, other leg bent at 90°. Switch legs (10 each)

Can Opener HOLD 10 seconds each
Bicycle for 10 reps!

Apollo (10x)
V-Ups w/ Med Ball
180 to 90 Degree Med Ball Throw
Feet Behind Head
Double Leg Eagles (light med ball)
180 to 90 Degree Med Ball Toe Touch

Atlas (10x)
Big Turns
Around The World
Rotations
Alternate Toe-Touches

Zeus (10x)
Prone Two-Arm Throw
Seated Swinging
Prone Two-Arm Side Lift
Trunk Rotation with Ball Exchange

Pedestal (10x)
Prone Elbow Stand Single Leg Raise
Supine Elbow Stand Single Leg Raise
Prone Hand Stand Single Leg Raise
Supine Hand Stand Single Leg Raise
Lateral Elbow Stand Single Leg Raise
Lateral Elbow Sand Single Leg Raise

CORE & GENERAL STRENGTH WORK

Back (continuous, 8-10 reps each)

Opposite Arm & Leg
Prone Double Arm Raise
Prone Straight Leg Lift (one leg at a time)
Lower Body Crawl (bring knee beyond hip)
Sitting Bicycle (30 seconds)
Straight Leg Lift on one knee
Leg Swing Up & Out
Straight Leg Circles on Knee (5 each direction)
Double Arm, Double Leg Raise (20 seconds)
Sitting Push Kicks (toes toward shin)
Prone Scissors (20-25 sec.)
In & Out Arms with Leg Raise (20 sec.)
Australian Crawl (legs raised) (20 sec.)
Back Rounds w/ hold (10 reps)
Side-Ups (10 reps)
Cat Back/Sway Back

Dryer

Low-Level Bicycle
Side-Ups
Side-Leg Lift
V-Ups (med ball)
Push-Ups
Double Leg Eagles
Frog Kicks (quick movement, don't swing)
Chin-Ups (hands out)

Teak

L Ups (don't touch ground)
Good Morning
Indian Sit Crunches
Low Level Bicycle
Roll Up to Sky (knees to chest, extend feet straight up)
Roman Chair Sit-Ups
Standing Russian Twist (med ball)
V-Ups
Low Level Leg Twist (rotate at hip)
Seated Russian Twist (med ball)
180° to 90° Toe Touch
Back Hypers

Mahogany (8-10 reps)

V-Ups
Double Leg Pikes (Raise to 90°) use pull up bar
Low level Leg Twist (20-25 sec.)
Hip Ups (lift)
Seated MB Russian Twist (30-60 sec.)
180° to 90° MB Toe Touch (15 reps.)
Back Hypers

Helsinki (10 reps)

Med Ball Groin Toss
MB V-Ups
MB Toss Push-Up
Kneeling Two Hand "Shot Put" (MB)
180° – 90° MB Toss
Kneeling Overhead MB Back Toss
Alt Frog Kicks (hook foot behind) on pull bar
Frog Kick with MB
BIG 5 (or 10 or 15...) Push-Ups & Sit Ups

BODY WIEGHT CIRCUIT ROUTINES

Conan

Squat Thrusts (15-20)
Push-Ups (15-20)
Crunches (30)
Good Mornings (15-20)
Heel Raises (15 each leg)
Prisoner Squats (20)
Dips (15-20)
Side ups (20)
Lunges (10 each leg)
Back Hypers (20-30)
Jumping Jacks (30)
V-Ups (15-20)
Elevated Feet Push-Ups (10-15)
Russian Hamstrings (15)
Alternate Toe-Touch (20)
Standing Running Arms (60 sec.)
Step-Ups (15 each leg)
Chin-Ups (5-10) use a pull up bar
Frog Kicks (15) use a pull up bar

Blue Monk – (continuous) “Simple ain’t easy”

Running arms (60 sec.)
Mountain climbers, singles in (40)
Back Hyper, flutter kick, swimming arms (60)
Mountain climbers, singles out (40)
Rockies (5)
Overhead squat with MB (30-45)
MB Right knee to elbow plank (30-60 sec)
Med Ball High Toss (6-10)
Med Ball Left knee to elbow Plank (30-60 se)
Med Ball High Toss (6-10)
Running Arms (60 sec)

Athena

(4lbs. to 8lb. MB)

20 Big Turns (10 each)
10 Long Snappers
10 straight arm rotations
10 Hay bales
10 Bent arm rotations
20 180 – 90 toe touch
10 seated swinging (big turns)
8 single leg Scale (each leg)
Clock lung 9:00-3:00
10 Hay Bales

Backyard (ELITE!!)

Wrestler’s Bridge (10)
Pelvic Tilt (10)
Dribbling (30 meters) (ankle, calf, knee)
Low-Walk Forward (10 meters) (hips low)
Low-Walk Backward (10 meters) (hips low)
Walking Lunge (30 meters)
Backward Run (30 meters)
75 Degree Squat (10)
Lunge Exchange (10)
Backward Lunge-Walk (10)
High-Knee Run w/ MB Over Head (30 meters)
Backward Run (30 meters)
Catcher’s Low-Walk (30 meters)
Lateral Low-Walk (15 meters each direction)

Indiana Elite

30 sec. at each station, stride 50-100m between stations

1. Bridge (R leg raise, hip lift)
 2. Bridge (L leg raise, hip lift)
 3. Prone elbow plank (with pushups)
 4. L lateral elbow plank (with pushup)
 5. R lateral elbow plank (with pushup)
 6. Bridge, lift R leg up & down)
 7. Bridge, lift L leg up & down)
 8. Eagles
 9. Scorpions
 10. Knees to chest, hands to toes
 11. Supine, R single leg cross-over
 12. Supine, L single leg cross-over
 13. Hurdler roll-over with toe touch
 14. Prisoner Squats
 15. Pushups
 16. Forward lunge with twist
- **NEED HURDLES****
17. Hurdle walk over
 18. side (lateral) hurdle step over
 19. Lateral squats underneath hurdles (back/forth)
 20. MB toe reaches (legs bent 90°)
 21. Burpess
 22. Reverse crunch (legs out, bring knees to chest)
 23. Superman
 24. MB Russian twist
 25. Flutter kick (lying supine)

Preventative Hip Exercise Routines

Myrtle Circuit Routine

(8-10 reps on each leg)

Clams
Lateral Leg Raise (toes in, neutral & out)
Donkey Kicks
Donkey Whips
Fire Hydrant
Knee Circles (Forward)
Knee Circles (Backward)
Hurdle Trail Leg (Forward)
Hurdle Trail Leg (Backward)
Lateral Leg Swing
Linear Leg Swing
Linear Leg Swing (Bent Knee)

Hurdle Routine

(2x each leg with 5 hurdles)

Continuous Step-Overs
Forward and Backward
Continuous Over-Unders
Continuous Hands on Hurdle
Hands on Single Hurdle (Over & Back)
Lateral Step Overs
"Skipping" Side Step

Ethyl Hip Girdle Routine

Eagles (10)
Scorpion (10)
Lower Body Crawl (10 each leg)
Mountain Climbers (20)
Donkey Kicks (15 each leg)
Donkey Whips (8 each leg)
Fire Hydrant (10 each leg)
Donkey Whips (10 each leg)
Knee Circles (5 each way)
Superman (10)
Straight Leg Circle (5 each way)
Cat Back, Sway Back (10)
Trail Leg Forward (10 each)
Trail Leg Backward (10 each)
Lateral Leg Swing (10 each leg)
Straight Leg Linear Swing (10 each leg)
Bent Leg Linear Swing (10 each leg)
Trunk Circles (8 each direction)
Hip Circles (8 each direction)

Hip Girdle (reps of 15)

Shopping Cart
Russian Hamstring
Straight Leg Supine Swivel x30
Side Double Leg Lift
2 Legged Push-up Swivel x15
Sit Sifting (knee angle at 90°, barely on ball)
Supine Hamstring Pull (foot on ground is easier)

LEG CIRCUIT ROUTINES

SV Leg Circuit

(No rest between exercises!)

Lateral Lunge (20m out/back)
10x wide outs
Lateral Shuffle (35m out/back)
10x Mt. Climbers (singles in)
10x Mt. Climbers (doubles in)
30x Mt. Climbers (singles out)
16x Speed Skaters
10x Mt. Climbers (Doubles out)
40 Russian Hamstrings (20 each)
50 quick steps up (low step)

Lunge Matrix Routine

(Great for pre-run routines)

5x each leg (think good feet!)

Front lunge (position knee over ankle, keep feet and back straight!)
Front Lunge with twist
Side lunge (keep both feet straight, keep back straight)
Back and to the side lunge (45°)
Back lunge (keep back straight)
Lateral lunge walk (10 meters, down & back)
Lateral shuffle (20 meters, down & back)
Single leg squat (3 per leg, 5x)

Vern Gambetta Leg Circuit

NO REST between exercises!

Continuous through 2-3 sets!

15x Front Lunge with twist
15x Body Squat (1/2 squat, feet hip width apart)
25x Quick step-up (135° or 5k knee angle)
5x Rocket Jumps (neutral foot landing is key!)

Feet & Ankles

Objects in a cup (2x10)
Drunk Flamingo (eyes open, eyes closed, bosu)
Toe Tug (2x20) each ankle
Bent Knee Wall Stretch
Negative Calf Raises (approx. 10 seconds to drop)
Plantar Stretch (pull toes towards shin)

Shins & Calves

Wall Stretch
Foam Roller
Shin Lifter (use light weight dumb bell)
Hell Walk Forward/Toe Walk Backward
Seated Calf Raises (3 sec. up, 5 sec. down)

Balance, Lower Leg, Foot, Ankle, Knee & Hip (BARE FEET)

Alphabet (leg straight, should be approx. 20 sec. each leg)
Leg Cycle – One Eye Closed, Both Eyes Closed (knee goes
Foot Crawl (5 meters)
4-Way Ankle w/ Resistance x10 (need partner or band/rope)
Knee Extension w/ Resistance "Pumping the Leg" (partner)
Flexed-Quad Single Leg Raise - Rotate for 30 sec/2 sets *Keep back supported*
Reverse Step-Up
Hamstring Pump, Bent Knee (lay on stomach)
Hamstring Pump, Straight Leg
Hamstring Plate Slide
Resisted Thigh Lift (get full ROM)
Hip Drop & Raise

Knees/IT Band

Wall Banger (IT band)
Side Stretch (IT band)
Backward T Stretch (IT band)
Lateral Leg Lift (Abductor)
Lateral Step w/ Kick (quads)
Hip Lift (15- 20 Reps each side)

Hips & Thighs

Clock Lunge
Flex Stretch (hold 10-20 seconds)
Superman (try flutter kicking)
Toe-Up Split Squat (lift front toes 10x
each leg)
Backside Burn
Single Squat (w/dumbbells, two feet
going down, one foot going up, 12x alt.
legs)

Balance Stability

Balance Series I

One Foot, Cross Arms (40 sec)
- Close one eye (10 -15 sec)
- Close two eyes (10-15 sec)
Basic Cycle – One Leg
Cycling with Running Arms (40 sec)
- With eyes closed (40 sec)

Balance Series III (30 seconds)

Nose to Wall (one foot from wall, lean at ankle not waist)
- Left, Straight, Right
Med Ball to Ground
- Back and Forth between 9:00 – 3:00

Balance Series II (10 seconds)

Front Scale (T- position)
Side Scale (T-position)
Back Scale (T-position)
Releve'
Single Leg ¼ Turn, In/Out (crow hop)
- ½ turn, in/out
- ¾ turn, in/out

BEST TO DO BAREFOOT IN SAND

Initial Barefoot Drills

1. Ankle flips
2. G-Drill; one knee up; each leg
3. Toe walks (toes in, out, & neutral)
4. Heal walks (in, out, & neutral)
5. Forward toe hops (right foot, left foot, together)
6. Backward toe hops (right foot, left foot, together)
7. Forward zigzags (progression: L, R)
8. Backward zigzags (progression: L, R)
9. Easy form runs (front and backwards)

Alacama

1. Jump Rope (60 seconds)
2. High Knee (2x perimeter)
3. Backward Run (2x perimeter)
4. Speed Skaters 10x
5. Tuck Jumps 10x
6. Karaoke (w/ high knee) 8 lengths

Namib

1. Pogos Lateral (down & back)
2. Bunny Hop Backward (down & back)
3. Single Leg Pogo (left down, right back)
4. Bunny Hoop Frontward (down & back)
5. ¼ Turn, One Leg (5 each way)

Padre Island (5 each)

1. Rocket Jumps
2. Lateral Hops over Cone
3. Tuck Jump
4. Pogo in place (dorsi flex toes)
5. Star Jumps

Technique/Flexibility Drills

Skipping (40 meters each)

1. Forward skip, arm circles
2. Backward skip, arm circles
3. Forward skip, two arms to the side (keep hips square)
4. Backward skip, two arms to the side
5. Forward skip, cross arms (high & low)
6. Backward skip, cross arms (high & low)
7. Lateral skip, windmill arms (go out and back)
8. Forward skip, single arm cross body (alt. arms)
9. Backward skip, single arm cross body (alt. arms)

Sprint Drills (40 meters)

1. A-Skips
2. B-Skips
3. C-Skips
4. Fast leg left
5. Fast leg right
6. Fast leg left & right
7. G-Drill (claw)
8. Straight leg bounds into stride

"Ground" Drills 10 reps

1. Groiners
2. Eagles
3. Scorpions
4. Hurdler roll ups
5. Inverted splits
6. Inverted scissors
7. Hurdler roll-overs
8. Standing legs swings (lateral/linear)

Hip Flexibility (2x each leg with 5 hurdles)

1. Continuous Step-Overs (*Forward and Backward*)
2. Continuous Over-Unders
3. Continuous Hands on Hurdle
4. Hands on *Single* Hurdle (*Over & Back*)
5. Lateral Step Overs
6. Lateral side skips

Dynamic Rope Stretches