

		** Credit to Jay Johnson including videos	
Easy day level 1		Hard day Level 1	
<b><u>Before run</u></b>		<b><u>Before run</u></b>	
Skips 20 meter	Straight	Skips 20 meter	Straight
	in		in
	out		out
Leg swings	x 10	Leg swings	x 10
Progression running x 30m	Ankle over ankle	Progression running x 30m	Ankle over ankle
	Ankle over shin		Ankle over shin
	Ankle over knee		Ankle over knee
18 steps 10 seconds	x5	18 steps 10 seconds	x5
<b><u>After run</u></b>		<b><u>After run</u></b>	
Prone Planks	10 sec	Front Lunge	x 3
Side Planks	10 sec	with twist	x 3
Prone Planks	10 sec	Side Lunge	x 3
Double hip bridge	x6	Back And Side Lunge	x 3
Reg clams	x 5	Backwards Lunge	x 3
Reverse Clams	x 5	Prone Plank	20 sec
raised Reverse Clams	x 5	Side Plank	10 sec
Toe Out Lateral Raises	x6	Supine Plank	10 sec
Toes In Lateral raises	x6	Side Plank	10 sec
Toes Straight Lateral raises	x6	Prone Plank	10 sec
Scorpions	x8	Split squat x5	x 5
Donkey Whips	x8	Side, squat x 5	x 5
Hydrants	x8	Good morning x 8	x 8
forward Knee Circles	x 8	Bird dog x 5	x 5
backward knee Circles	x 8	Reg clams	x 5
Cat cows	x 5	Reverse Clams	x 5
		raised Reverse Clams	x 5
		Toes Out Lateral Raises	x6
		Toes In Lateral raises	x6
		Teos Straight Lateral raises	x6
		Scorpions	x8
		Donkey Whips	x8
		Hydrants	x8
		forward Knee Circles	x 8
		backward knee Circles	x 8
		Cat cows	x 5