



Marathoner In Training and No Boundaries

Pre-Season Prep Guide

Your guide to doing hard things!



Preseason Prep Guide

Recovery Strategies, Nutrition, Clothing Guidelines, and Sport Psychology

Sleep

US National Sleep Foundation recommendations by age for all individuals

Age Group	Number of Hours
Teenagers (14-17)	8-10
Adults (18-64)	7-9
Older Adults (65+)	7-8
Athletes should aim to be at the higher end of the range, based on individual age	

- Allows for tissue recovery, prevents illness, and helps maintain good mental health
 - Poor sleep hygiene: quicker exhaustion and increased risk of injury and illness
- Key guidelines for better sleep
 - Environment should be dark and cool with little to no noise
 - Avoid alcohol and caffeine before bed
 - Stay away from electronics at least an hour before bed
 - Create your own “wind down” routine
- Napping guidelines
 - No longer than an hour – best if less than 30 minutes
 - None after 3 pm

Foam Rolling

- Research supports use before and/or after running, depending on goal
 - Before: reduce muscle stiffness and increase range of motion
 - After: reduce muscle soreness and pain threshold to optimize training recovery
- Optimal dosage: 90-120 sec each muscle
 - 30-60 sec, 3-5x for each muscle
- Should be used in addition to dynamic warm up and cool down, NOT as a replacement

Stretching

Type	Performance	Effect
Dynamic	Actively move joints and muscles through sport-specific motions	Acutely increase power, spring, jump, and performance
Static	Moving as far as tolerable/until you feel a comfortable stretch and holding for period of time	Decrease muscle tension/stiffness after exercise, reduce injury risk

- Time of performance
 - Dynamic: performed BEFORE the run, serving as part of the warm up
 - Static: performed AFTER the run, serving as the cool down

See warm up/cool down guide for detailed instructions on performance

Normatec/Intermittent Pneumatic Compression Devices

What is it?

- Compression sleeve that goes around your legs, hips, or arms and attaches to a unit that intermittently inflates and deflates the sleeve at different locations on the limb, applying pressure and cool air to the area

What are the effects?

- Mimic effects of muscle pumping to increase blood flow, removing toxins from the area
- SHORT TERM relief of muscle soreness/pain

NOT appropriate for Individuals with acute pulmonary edema, acute thrombophlebitis, DVT, acute CHF, acute infection, wounds, lesions, fractures infection, or tumors at or near the site of application

★ Not a necessary recovery tool, but is a resource to explore, as needed! ★

Sports Massage

What is it?

- Type of soft tissue massage that targets the muscles used in your specific sport
- Aims to enhance performance, prevent injury, and facilitate faster recovery

If planning to schedule a sports massage, confirm that it is a **SPORT** massage, not just a regular massage

What are the effects?

- Reduce muscle soreness following activity
- Improve flexibility
- Improve subjective reports of recovery

★ Not a necessary recovery tool, but is a resource to explore, as needed! ★

Cryotherapy/Cold Water Immersion

What are the differences?

- Cryotherapy: Specialized chamber/ device that provides uniform body cooling using cold, dry air at temperatures below 0° F
- Cold Water Immersion/“Ice Bath”: Tub filled with cold water, usually between 45-60 ° F, that full body, or part of body rests in

What are the effects?

- Both reduced perceived muscle soreness
- Cold Water Immersion also improved perceived recovery 24 hours after racing and reduced inflammatory process from exercise

How do I perform them?

- Cryotherapy: multiple cryotherapy spas in Columbus area
- Cold Water Immersion: can be performed in your home by filling bathtub or other large tub with cold water and ice
 - Temp at about 50-60° F,
 - Duration of 11-15 minutes

★ Not a necessary recovery tool, but is a resource to explore, as needed! ★

Nutrition/Hydration

Hydration

- Sweat test: weigh yourself before and after your run – 1 gram of weight loss = 1 mL of fluid to replenish
- Urine color

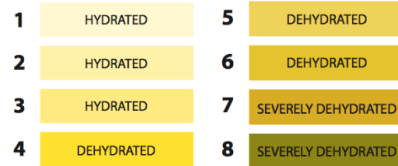


Image obtained from sportsincycling.com

Nutrition Before Runs

- General rule: 100-200 calories for every hour before your run
- Avoid high fat foods
- Substance based on type of run you are doing

Type	Substance	Examples
Easy Run	Fluid and electrolytes	Water, electrolyte drink, banana
Hard Run (Tempo or Interval Run)	Simple, clean burning carbs	Sports drink, toast with banana, rice cakes
Long Run	Complex carbs 3-4 hours before	Overnight oats

Nutrition During Runs

- Any run >60-90 minutes, consume 30-60 grams of carbohydrates each hour
 - Drink mixes or gels are most popular
- Runs <60 min: no intake required during

Nutrition After Runs

- Aim to get most calories from carbs
 - Pasta, oatmeal, potatoes
- Include healthy fats throughout the day
 - Seeds/nuts, fatty fish, hummus, avocado
- Protein essential for muscle recovery
 - Include in meals throughout day as well as within 30 min of your run
 - Chicken, fish, eggs, tofu, beans, dairy
- MyPlate by USDA useful for optimal nutrition during mealtimes, even for athletes

Clothing Guidelines

Shoes

- Should get fit for shoes at your local running store i.e. Fleet Feet
- Important to wean into shoes: wearing them throughout the day for walking or go on shorter runs to build up tolerance
- “Lifespan”: 300-500 miles
 - Extend longevity by rotating among a few pairs at a time

How can I tell that my shoes are getting old without tracking my milage?

Any new, unexplained pains in BOTH legs most likely mean that it is time for new shoes

Lower Extremity Compression Garments

- “Calf sleeves” or “compression socks”
- Benefits
 - Reduce motion of the calf muscles during running, resulting in less muscle fatigue
 - Positive effect on running economy, biomechanics, and perceived exertion
 - Improved clearance of metabolic toxins, decreasing post-exertional soreness
- Positive effects shown when worn during as well as after runs
- Should feel tight but should not cause any numbness or tingling in the feet
 - Should not restrict movement

Socks

- AVOID COTTON! It traps moisture, leading to blisters, overheating, and discomfort
- “Best” fabrics: superior natural fibers (merino wool), polyester, nylon
 - Seamless to avoid chafing
- Cushioning differs depending on distance
 - Long runs (half or full marathon): medium to heavy cushioning
 - Shorter runs (5k): light cushioning

Tops/Bottoms

- AVOID COTTON! It tends to absorb sweat and feel heavy
- Want moisture wicking shirts
 - Merino wool, polyester, or nylon
- For those prone to thigh chafing:
 - Wear compression shorts as your shorts or under your shorts
 - Put anti-chafe creams such as Body Glide or Vaseline on “trouble spots”
- Rain gear
 - Want a good waterproof jacket
 - Avoid loose-fitting clothes – get wet and stick to body, causing chafing

★ For any exposed skin surfaces, remember to apply sunscreen to protect from UV rays; may also wear a hat or visor to protect face ★

Sports Bra

- Want a high impact sports bra
 - Reduces motion in all directions
- Should replace every 30-40 washes
- Fit by measurement
 - Band size: measure rib cage just under breasts
 - Cup size: measure bust around fullest part of breasts and subtract measure from rib cage measure

Rib cage	Band size	Difference in cup size	Your cup size
25" - 27"	30	3	AA
27" - 29"	32	4	A
29" - 31"	34	5	B
31" - 33"	36	6	C
33" - 35"	38	7	D
35" - 37"	40	8	DD
37" - 39"	42	9	E
39" - 41"	44		

- Fit by feel
 - Snug, but not restricting breathing
 - Should fit 1 finger under shoulder band; band should be same level all the way around
 - If back band rides up as you run, fit is not correct
 - Gaps, wrinkles, or chafing: too big
 - Breasts spilling out sides: too small

Sport Psychology

Finding your “why” – the most important factor to make running a habit

- Determine what or who it is that got you motivated to run in the first place
- Examples:
 - Friends/running community
 - Setting an example for family
 - Love of good food and drinks
 - Destressing
 - Enjoying nature
 - Improving your health/self confidence
 - Challenging yourself to achieve goals

Psychological characteristics that are important

- Adversity: ability to stay positive, calm, and in control of your emotions
- Adaptability to pressure
- Goal setting: setting specific standards
- Concentration: task-relevant aspects
- Confidence: belief in yourself
- Coping ability: having skills to deal with challenging or stressful situations
- Control stress and worry

Tips to build a strong mindset

- Be your own cheerleader: positive self-talk
- Find your mantra: short words or phrases that you repeat to yourself to remain focused
 - Should be personal to you
- Use mental imagery: rehearse aspects of performance on runs and races prior to their occurrence
 - Incorporate all 5 senses to improve effectiveness
- Reframe your mindset: take negative talk and turn it into positive thoughts
 - “My body is too tired” → “I am going to get so much stronger if I keep going”
- Break down your run into manageable pieces
 - “Make it to the next tree”
 - “Make it another # of steps”

VO_{2max} Testing

★ For those in the advanced marathon training groups ONLY ★

What is VO₂max?

- “The maximum amount of oxygen your body can absorb and use during exercise”
 - V: volume
 - O₂: oxygen
 - Max: maximum
 - Determines the upper limit of aerobic metabolism
- High level performance in distance running is highly reliant on VO₂max
 - Increased VO₂ correlates with improved running economy

What is testing used for?

- Can indicate expected performance for aerobic endurance activities
- Marathon performance time is inversely related to VO₂max
 - The higher your VO₂, the lower your expected marathon finish time
 - Male values reach up to 85 mL/kg/min; female reach up to 77 mL/kg/min

How do you perform the test?

- Requires advanced testing equipment
 - Hooked up to device that monitors breathing, blood pressure (BP), and heart rate (HR) via mouthpiece covering mouth and nose, ECG leads, and BP cuff
 - Exercise on treadmill or stationary bike
- Begin with paced walk or cycle and gradually increase intensity every 3 minutes until you physically cannot continue/full exhaustion

Where can I be tested?

- Any sports medicine facility or medical lab that does stress tests to assess heart health
 - McConnell Heart Health Center and Baseline Fitness

Warm Up and Cool Down

What are these and how are they different from each other?

Warm Up: activity used to get your body ready for upcoming exercise

- Aerobic component combined with dynamic stretching
- Should have general and specific component
 - General: low level aerobic activity to bring up your heart rate, respiratory rate, and muscle temperature, as well as increase blood flow
 - Ex: slow jog or brisk walk
 - Specific: activities and movements that reflect what is required to perform the upcoming sport activity
 - Ex: high knees, butt kicks, lunges...

Cool Down: activity used to help your body return to its normal, resting state

- Slower aerobic component combined with static stretching
- Two possible phases, depending on type of run you are participating in
 - Immediate phase: required following higher intensity workouts (tempo or interval)
 - Slow jog and walk
 - Late phase: required for all runs, both high and low intensity
 - Total body static stretching



Are these really THAT important?

- Think about your run as going for a drive on the highway...
 - You need to gradually speed up on the on ramp, working up to your full speed by the time you get on the highway
 - You need to gradually slow down on the off ramp, returning to the speed limit of the normal streets or coming to a complete stop at a stop light
- Now think of you as the car...
 - You need to gradually prepare your body for the increased stress it will be enduring during your run by performing lower intensity activities to ease your body into the full workout
 - You need to slow your body down after a run by performing gentle activities to relax your body back to resting levels.
- Research shows many benefits of both
 - Warm up improves energy cost of the future run and decreases risk of injury
 - Cool down helps facilitate the onset of the recovery process

When should I be doing each?

- Warm up: performed PRIOR TO all running activities
 - Aerobic component: slow jog or fast paced walk for 3-5 minutes
 - Dynamic stretching: outlined on following pages
- Cool down: performed AFTER running activity
 - Slow jog for 1-2 minutes and walk for 3-5 minutes following workout
 - Total body static stretching for 5-15 minutes

Warm Up: Start with a slow jog or faster-paced walk for 3-5 minutes to slightly increase heart rate

For each drill, go a distance of about 20-40 feet, performing one drill on the way down and another on the way back

1. Quad stretch with reach

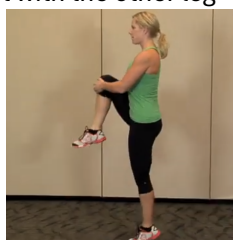
- Balance on one leg and bring the heel of the other foot towards your butt
- Hold the leg at the ankle for a 1-2 seconds, keeping shoulder, hip, and knee in one line, and reach up to sky with opposite arm
- Release the ankle, take a step, and repeat with the other leg



<https://www.youtube.com/watch?v=yGN2Z6XkWNQ>

2. Knee hug to calf raise

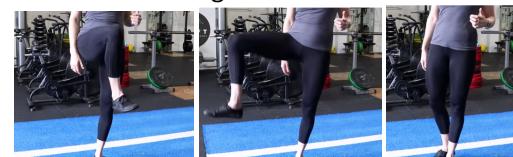
- Balance on one leg and bring the other knee towards your chest
- Squeeze your knee to your chest, keeping torso upright the entire time
- Raise up onto the toe of the stance leg then come back down
- Release the knee, take a step, and repeat with the other leg



<https://www.youtube.com/watch?v=DAkUtBGwZ6w>

3. Open the gate/close the gate

- Balance on one leg and bend the other hip and knee to 90°
- Bring the knee out to side, rotating the hip NOT the torso
- Tap the foot to the ground then lift back to 90° and bring the knee back to front position, rotating the hip back in
- Take a step forward then repeat with the other leg



https://www.youtube.com/watch?v=YSdMpn_EJOW

4. Walking forward lunge with torso twist

- Lunge forward with one leg, keeping torso upright
- Twist towards the leg that is in front with your trunk, maintaining stable leg position
- Push up and come to stand, repeat with other leg



<https://www.youtube.com/watch?v=3hQEIQWgF9E>

5. Walking lateral lunge

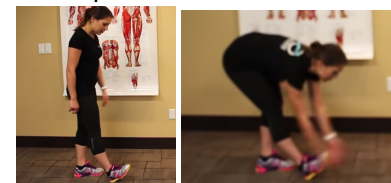
- Take a big step out to the side with one leg, keeping torso upright
- Shift weight onto that leg, feeling a stretch in the groin area, then shift weight over onto the other leg, feeling a stretch in the groin area as well
- Stand and turn body to face other direction and repeat



<https://www.youtube.com/watch?v=-qXky98n40k>

6. Toe Sweep

- Place one leg out in front of you, heel on the ground, keeping knee straight
- Reach down towards the ground, keeping back neutral, and make a sweeping motion forward with both hands as close to your feet as you can
- Stand up, step forward with other leg, and repeat



<https://www.youtube.com/watch?v=jG1DPrIsDn4>

Warm Up (cont.)

7. Leg swings

- Keeping leg straight, bring foot up into the air at a controlled speed (not too quick)
- Try to tap your opposite hand to your foot, without bending forward
- Repeat with other side



<https://www.youtube.com/watch?v=QNEitGUHI4E>

8. Butt kicks

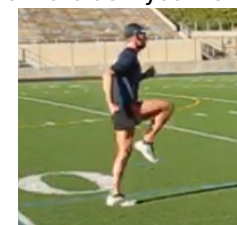
- While jogging forward, bring your heel to your butt with one leg
- Alternate legs as you move forward, keeping trunk upright the entire time and driving the opposite arm forward as if you were running



<https://www.youtube.com/watch?v=oMW59TKZval>

9. High knees

- While jogging forward, bend your hip and knee, bringing your knee forward and up towards the sky
- Rapidly alternate legs as you move forward, keeping trunk upright the entire time and driving the opposite arm forward as if you were running



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

10. A-Skips/Fast March

- Start by marching in place, driving opposite arm and opposite leg up towards the sky
- Add a small skip in place with each march, getting a good rhythm, but not as fast as high knees
- Once you get your rhythm down, march and skip, moving forward as you go



<https://www.youtube.com/watch?v=-O9H15yVc8s>

11. Carioca/Grapevine

- Start standing sideways as if you were going to perform a side shuffle
- Take a step with the lead leg, then a step with the trailing leg, crossing it behind the lead leg
- Take another step with the lead leg, then the trailing leg again, this time crossing it in front of the lead leg
- Repeat, alternating crossing the trailing leg behind and in front



<https://www.youtube.com/watch?v=X4-1Uk977sw>

12. High skips

- Drive one knee up with the opposite arm towards the sky, using both arm and leg to help with momentum, jumping up off the ground and vaulting towards the sky
- Land softly on the one leg and then repeat on the other side



<https://www.youtube.com/watch?v=TSstctD-tbU>

Cool Down: Stretch muscle as far as tolerable, feeling a gentle pull, and hold for 15-30 seconds, repeat 3x on each side

If performing after a workout, such as a tempo or interval run, perform about 1-2 min of light jogging then 3-5 min of walking before stretching

1. Hamstring stretch

- While lying on back, bend your hip up to 90° or perpendicular to the ground, keeping other leg straight on ground
- Straighten your knee out until you feel a stretch in the back of your leg and hold position there
- For extra stretch once knee is straight, attach strap to your foot and pull leg closer to body, keeping knee straight
- Switch legs and repeat



<https://www.youtube.com/watch?v=q4N8QxQPdW>

2. Quad Stretch

- While lying on stomach or in standing, pull your heel towards your butt
- Pull until you feel a stretch in the front of your leg and hold position, keeping knee in line with hip and shoulder
- Can use strap, wrapped around the foot instead of hand to hold heel against butt
- Switch legs and repeat



<https://www.youtube.com/watch?v=98I9C78aBZg>

3. Groin/adductor stretch

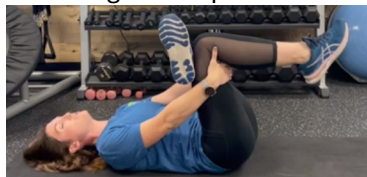
- Sit on the ground in a ring sit position, with feet together in front of you
- Lower your knees towards the ground, either by pushing through your arms or letting gravity lower them, until you feel a stretch in your inner legs, hold position there



https://www.youtube.com/watch?v=MdE_Cj6ChLo

4. Piriformis/Gluteal stretch

- While lying on back, feet on the ground, cross one leg over the other, setting your heel on the opposite knee
- Loop your hands behind your thigh on the uncrossed leg and pull towards your body until you feel a stretch in your buttock area of the crossed leg, hold position there
- Switch legs and repeat



https://www.youtube.com/watch?v=xVq2-g_lEtI

5. Calf stretch

- Place the sole of either one or both of your feet on an elevated surface, such as a step, a rolled-up towel, or a curb
- Let your heel drop below the edge of the elevated surface, lowering until you feel a stretch in the back of your lower leg, hold position there



<https://www.youtube.com/watch?v=iCWJFwK1ad0>

6. Hip flexor stretch

- Get into lunge position, with back knee either on the ground or resting on a towel for comfort
- Maintain upright trunk and lean forward, extending the hip of the back leg until you feel a stretch in the front of the hip, hold position there
- Switch legs and repeat



<https://www.youtube.com/watch?v=DXuStgWuJV8>

Strength Training Guide

What is strength training?

- “Resistance training”
- Specific type of exercise that improves muscle fitness through the use of external resistance
 - External resistance can be your own body weight or specific equipment
- ★ You DO NOT need to go to the gym and lift heavy weights to increase strength – the same benefits can be achieved with at-home, body weight workouts ★

Why is it important for runners?

- Stronger legs = faster legs
- Improvements shown in both muscle strength as well as running economy/efficiency of running
 - Muscles are able to produce more force
 - Faster race times shown for all distance races, 5k to ultra marathon and longer
- Prevent common injuries caused by overuse of the muscles

Fact or Fiction...strength training will cause you to “bulk up” and run slower
 ┆─┆ ┆─┆ ┆─┆ ┆─┆ ┆─┆ ┆─┆ ┆─┆ ┆─┆ ┆─┆
Fiction! Strength training can be performed for many different goals, including improvements in distance running. The effects of strength training depend on the intensity, meaning the sets and repetitions performed during this type of training.

What is the suggested intensity?

National Strength and Conditioning Association guidelines:

- 2 sessions per week
- 20-30 minutes each
- Sets and repetitions based on goals:
 - Power: ability to move weights FAST
 - Strength: ability to move HEAVY weights
 - Endurance: ability to move weight MANY TIMES

Goal	Power	Strength	Endurance
Reps	3-5	≤ 6	≥ 12
Sets	1-5	2-6	2-3

★ All 3 are helpful with distance running ★

When should I add this to my training plan?

- Best outcomes when performed on “off days” (days you are not running) or on “easy days” (days that you are not performing higher intensity running workouts)
 - Want 24-48 hours between strength training and running workouts, if possible
- Recommendations based on NoBo and MIT training groups:
 - 5k and 10k: Mon and Wed/ Thurs
 - Beginner half: Tues and Thurs
 - Beginner full: Mon/Tues and Thurs
 - Int half: Mon/Tues and Thurs
 - Int full: Mon and Thurs
 - Half and Full marathon: Tues and Thurs
 - Advanced half/full: Mon/Tues and Thurs

For any dates separated by a “/”, you may choose one day, NOT BOTH, depending on fatigue levels during workouts in following days

For all exercises, start easy and once you are able to perform with good form with no fatigue for full sets/reps, progress to next level

Squat Jumps: 5 reps x 3 sets

Easy: Squat Jump

1. Start in standing, feet shoulder width apart
2. Lower down into a squat
3. Push through heels and jump straight up into the air
4. Upon landing, drop directly back into a squat, preparing to jump again



<https://www.youtube.com/watch?v=CVaEhXotL7M>

Hard: Split Squat Jumps

1. Start in standing
2. Drop down into a lunge position, with front foot flat on ground, knee over toe, and back leg knee bent with heel propped up, lightly touching the knee to the ground and keeping trunk upright
3. Push into the ground with both feet and jump into the air
4. While in the air, switch stance, bringing the front leg to the back and bringing back leg to the front
5. Drop down into same lunge position with new leg in front



<https://www.youtube.com/watch?v=iJMsF7fzrOM>

Squats: 15 reps x 2-3 sets

Easy: Elevated Squat

1. Place feet shoulder width apart, standing in front of elevated surface such as a bed
2. Bend at hips and knees, as if you were going to sit in a chair, and tap bottom to the surface, immediately return to standing



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

Medium: Body Weight Squat

1. Place feet shoulder width apart
2. Bend at hips and knees, as if you were going to sit in a chair, lower to a comfortable depth without heels coming off ground, stand back up



<https://www.youtube.com/watch?v=ckvHymGK3s0>

Hard: Body Weight Squat with Hold

1. Place feet shoulder width apart
2. Bend at hips and knees, as if you were going to sit in a chair, lower to a comfortable depth
3. Hold for 3-5 sec then stand back up



<https://www.youtube.com/watch?v=bah1Cl10ac0>

For all exercises, start easy and once you are able to perform with good form with no fatigue for full sets/reps, progress to next level

Lunges: 8 reps each leg x 2-3 sets

Easy: Split Squat/Static Lunges

1. Start in a split stance position, with most of your weight on the front leg and the heel of the rear leg elevated
2. Bend your front knee to lower your body to a comfortable depth, stand back up



<https://www.youtube.com/watch?v=hXpGSa5HYqY>

Medium: Forward Lunge

1. Start in standing position, feet together
2. Step forward with one foot and bend at knees to lower body to comfortable depth
3. Drive up with the front leg and return to standing



<https://www.youtube.com/watch?v=4JEsejTA9M8>

Hard: Walking Lunges

1. Start in standing position, feet together
2. Step forward with one foot and bend at knees to lower body to comfortable depth
3. Drive up with front leg and step forward with opposite leg to go straight into another lunge

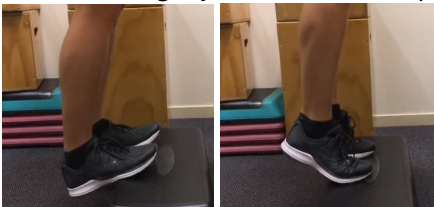


<https://www.youtube.com/watch?v=LROsqkvpj10>

Calf Raises: 15 reps x 2-3 sets

Easy: Double Leg Calf Raise

1. Stand on a step with heels hanging off the edge, feet shoulder width apart, and toes pointing forward
2. Raise up onto toes, keeping weight equal between all toes, lower back down so heel ends slightly below level of step



<https://www.youtube.com/watch?v=TGDjboQ4L2k>

Medium: Calf Raise 1 up, 2 down

1. Stand with feet shoulder width apart, toes pointing forward
2. Raise up onto both toes, keeping weight equal between all toes
3. At the top, shift all weight onto one foot and lower back down



https://www.youtube.com/watch?v=NzITBQ_BoKI

Hard: Single Leg Calf Raise

1. Stand on 1 foot on step with heel hanging off edge, toes pointing forward (hold onto railing for balance as needed)
2. Raise up onto toes, keeping weight equal between all toes, lower back down so heel ends slightly below level of step



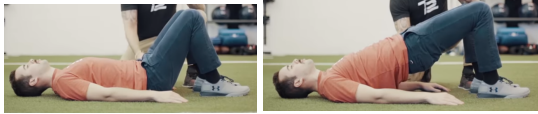
<https://www.youtube.com/watch?v=Ovzq9hIKOSk>

For all exercises, start easy and once you are able to perform with good form with no fatigue for full sets/reps, progress to next level

Bridges: 15 reps x 2-3 sets

Easy: Double Leg Bridge

1. Lie on back, knees and hips bent, and feet hip width apart
2. Engage your core, squeeze your butt, and lift your butt off the ground, creating a straight line from chest to hip to knee
3. Lower butt back down to the ground



<https://www.youtube.com/watch?v=dihMNQysRU0>

Medium: Double Leg Bridge with March

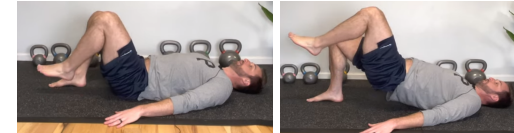
1. Lie on back, knees and hips bent, and feet hip width apart
2. Engage your core, squeeze your butt, and lift your butt off the ground, creating a straight line from chest to hip to knee
3. Slowly march one leg up and down, keeping hips level; repeat on other side
4. Lower butt back down to the ground



<https://www.youtube.com/watch?v=-3dYf4vbqXk>

Hard: Single Leg Bridge

1. Lay on back, knees and hips bent, and feet hip width apart
2. Lift up one leg, hold it up the entire time
3. Engage your core, squeeze your butt, and lift your butt off the ground without letting the opposite hip drop
4. Lower back down to the ground



<https://www.youtube.com/watch?v=b1zTCyGJXCQ>

Romanian Deadlifts/RDLs: 8 reps x 2-3 sets

Easy: Double Leg RDL

1. Stand with hips shoulder width apart, slight bend in knees, with dowel in hands
2. Lower dowel rod down thighs, keeping back neutral and hinging at hips/pushing your butt backwards
3. Once you feel a slight stretch in the hamstrings, stand back up



<https://www.youtube.com/watch?v=28jq1vWiDtQ>

Medium: B Stance RDL

1. Stand with hips shoulder width apart, slight bend in knees
2. Place one foot slightly behind the other, with toe right at the heel of the other foot
3. Keeping back neutral, hinge at hips/push butt backwards and reach towards floor
4. Once you feel a slight stretch in the hamstrings, stand back up



<https://www.youtube.com/watch?v=14CoYv0peBA>

Hard: Single Leg RDL

1. Stand on one leg, slight bend in knee, other leg straight
2. Keeping back neutral, hinge at hip, kick other leg back in line with neutral back, and reach towards the floor
3. Once you feel a slight stretch in the hamstrings, stand back up



<https://www.youtube.com/watch?v=FujJKRLG1Fg>

For all exercises, start easy and once you are able to perform with good form with no fatigue for full sets/reps, progress to next level

Lateral Lunge: 8 reps each leg x 2-3 sets

Easy: Static Lunge

1. Stand with feet in wide stance position, equal weight between legs
2. Lunging towards one side, sit back into one leg, pushing butt back on the one side and shifting weight over that leg, keeping other leg straight and leaning torso forward with neutral spine
3. Push back up to starting position



<https://www.youtube.com/watch?v=e-f7Jj6wzZg>

Medium: Lateral Lunge Step

1. Stand with feet together
2. Take a large step to one side and sit back into that leg, pushing butt back and shifting weight over that leg, keeping other leg straight and leaning torso forward with neutral spine
3. Push through the heel of the lunging leg to stand back up with feet together



<https://www.youtube.com/watch?v=tUg1DXhHm8>

Hard: Walking Lateral Lunge

1. Stand with feet together
2. Take a large step to one side and sit back into that leg, pushing butt back and shifting weight over that leg, keeping other leg straight and leaning torso forward with neutral spine
3. Press lead foot into the floor and stand up, bringing the other foot beside the lead



<https://www.youtube.com/watch?v=6ux5g9pGDiw>

Planks: 30 seconds x 2-3 sets

Easy: Incline Plank

1. Place either hands or elbows about shoulder distance apart on elevated surface, such as a bed or chair
2. Straighten out legs with feet about hip width apart and hold body in neutral position with head, back, and legs in line



<https://www.youtube.com/watch?v=mf6x119YTOM>

Medium: Plank From Ground

1. Place either hands or elbows about shoulder distance apart on cushioned ground surface
2. Straighten out legs with feet about hip width apart and hold body in neutral position with head, back, and legs in line



<https://www.youtube.com/watch?v=qmw7-IFVZPo>

Hard: Plank Alternating Shoulder Tap

1. Place hands about shoulder distance apart on cushioned ground surface
2. Straighten out legs with feet about hip width apart and hold body in neutral position with head, back, and legs in line
3. Lifting one arm off the ground at a time, tap the opposite shoulder while maintaining level hips and neutral spine



<https://www.youtube.com/watch?v=8rgurWd-PB8>