

Phase 3: RACE PREP MOVEMENT KEY

MOVEMENT PREP:

Goal: Loosen up & general muscle activation for work ahead.

#1 Magnificent 5

- 1. Hip Crossover
- 2. Scorpion
- 3. Lunge w/ Twist
- 4. Lateral Lunge
- 5. Sumo Squat

#2 World's Greatest

- Lunge & Reach
- Hamstring Lean
- Elbow to Instep
- Inside/Outside Twists

#3 Runner's Prep

- Arm Swings
- Heel-Toe Walks
- Toy Soldier
- Butt Kickers
- Grapevine

#4 Critter Crawls

- Inchworm
- Bear Crawl
- Crab Walk
- Gorilla Walk
- Duck Walk

PUSH & PULL SETS:

Goal: Opposing upperbody strength.

1. **Vertical (High)**
2. **Horizontal**
3. **Vertical (Low)**

STABILITY:

Goal: Train unstable movements for improved core-to-extremity coordination.

Hip-Hinge Variations

- #1** Split Stance Good Morning
- #2** 1x-Leg Romanian Deadlift (RDL)

Knee-Extension Variations

- #1** Split Squat (1x side)
- #2** Pistol (box or floor)

POWER:

Goal: Muscle elasticity, fast twitch recruitment, and explosive power!

- #1** Walking Lunge Tabata
- #2** Wall Ball Tabata
- #3** KB Swing Tabata
- #4** Power/Hang/Ball Clean Tabata

MOBILITY:

Goal: Improve ROM in soft tissue & joints.

- #1** Couch + Pec
- #2** Static Hamstring/Calf
- #3** Hip Opener Sequence
- #4** Banded Hamstring/Hip

CORE SETS:

Goal: Target 3-Dimensional core strength through anterior, lateral, and posterior movements.

#1 Anterior **Reverse Crunch** (hip thrust)

#1 Oblique **Plank w/ Pull Through**

#1 Posterior **Quadruped Extension**

#2 Anterior **Plank Knees to Elbow Slides**

#2 Oblique **Weighted Side Bends**

#2 Posterior **Lying Back Crunch** (Superman)

#3 Anterior **Pilates 100**

#3 Oblique **Palloff Press**

#3 Posterior **Glute Bridge**

#4 Anterior **Hollow Hold/Rock**

#4 Oblique **Side Plank Dips**

#4 Posterior **Stability Ball Back Ext.**

#5 Anterior **Body Saw**

#5 Oblique **Wood Choppers**

#5 Posterior **Hamstring Stability Ball Curl**

#6 Anterior **Weighted Sit-Up**

#6 Oblique **Russian Twist**

#6 Posterior **Stability Ball Rev. Hyper-Ext**

#7 Anterior **Seated Leg Extension**

#7 Oblique **Seated Oblique Crunch**

#7 Posterior **Dumbbell Crossbend**

#8 Anterior **Stability Ball Cauldron**

#8 Oblique **The Squirm**

#8 Posterior **Alt. Leg S.Ball Hyper-Ext**