

RUN / CYCLE STRENGTH



Name:

Date:

Check-off each workout	1	2	3	4	5	6	7	8	9	10	12
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mobility

Drill	reps	sets	notes/weight	rest
Roll: Calves & Quads	30 secs	1	Focus on restrictions and or hot spots - 30 secs ea.	0
Stretch: Calves & HF	30 secs	1	Gentle stretch, don't over stress muscle - 30 secs ea.	0
Gate Swings	15/15x	1	Lateral leg swing w/step - back n fourth. Move from hip/spine neutral. Complete all reps on one side then switch.	0
Band Walk	15/15x	1	Anchor band above ankles. Step laterally in 1/4 squat - 15 steps to right then 15 steps to left.	0
T-Dog	5/5x	1	Kneeling lunge position/hands on floor inside front knee. 5x T-spine rotations away from front knee / 5x T-spine rotations toward front knee. Repeat opposite side.	0

strength circuit

Tall Kneeling Press	15/15x	3		Keep spine neutral/stable during chest press. Complete all reps on one side then switch.	0
KB Deadlift	15x	3		KB between feet. Push hips back then bend knees. Neutral spine.	0
Lunge to Row	15/15x	3		Opposite arm/leg for SL row. Complete all reps on one side then switch.	1 min

Complete all 5 exercises above as a circuit x 3 rounds.

restore

Roll Glutes	60 secs	1	Roll 15 sec roll to find area of restriction. Then 45 secs each slowly working area of restriction - hold or small movements.
Roll Adductors	60 secs	1	
Roll Upper Back	60 secs	1	
Snow Angels	10x	1	Support head/spine on roller. Feet 18" apart for stability. Press low back against roller and keep abs engaged to prevent low back arch and focus mobilizing at shoulders w/ arm sweep.

Notes: Complete workout 2x for 6 weeks (12 sessions).