



RISE & REIGN

warm up exercises

DYNAMIC STRETCHES

*Suggested repetitions:
6-10 per side*

- Walking Quad Stretch
- Walking Knee Hug
- Walking Bent Over Toe Touch
- Walking Hip Openers
- Runners Lunge with thoracic twist
- Adductor Rock Backs
- Alternating 90/90 stretch
- Band Stretches:
hamstring kicks + ankle ABC's

DRILLS

*Suggested duration:
30 seconds or 50 meters on a track*

- Leg Swings (fwd, bkwd, side)
- Inverted Tip-toe Walk
- Heel Walk
- High Knees
- Butt Kicks
- A-Skip
- Karaoke
- Sachse with arm swings

STRENGTH EXERCISES

*Suggested repetitions:
6-10 per side*

- Monster Walk (banded)
- Cowboy Walk (banded)
- Calf Raises + eccentric lowers
- Lunge Matrix (fwd, bkwd, side)
- Myrtl Routine:
 - Fire Hydrants
 - Donkey Kicks
 - Hip Circles
 - Clam Shells
 - Side lying Leg Lifts

FOAM ROLLING

*Suggested duration:
3-5 passes per area, 30 seconds for stretches*

- Calves
- Hamstrings
- Glutes
- Quads
- Mid-Upper Back
- Chest Opener stretch
- Psoas Opener stretch

It's important to remember that every athlete's needs are different. These are exercises that benefit the average runner. If you have been prescribed specific warm up exercises from a physical therapist, please do those instead. If any of these exercises cause you pain, stop doing them and reach out to your coach.



RISE & REIGN

cool down exercises

STATIC STRETCHES

*Suggested duration:
hold stretches for 20-30 seconds*

- Standing Pike
- Straddle (standing + seated)
- Runners Lunge (hips fwd + back)
- Figure 4 (standing + seated)
- Pigeon
- Frog
- Yoga poses - cobra, down dog, childs
- Lumbar twist
- Calves (on curb/stair)

BAREFOOT WALKING

*Suggested duration: 30 seconds
Suggested location: soft surface (grass, turf, carpet)*

- Heel walk (fwd + bkwd)
- Heel to toe walk (fwd)
- Toe to heel walk (bkwd)
- Penguin Walk (toes out)
- Duck Walk (toes in)
- Inner foot walk (fwd + bkwd)
- Outer foot walk (fwd + bkwd)

BAND STRETCHES

*Suggested duration:
hold stretches for 20-30 seconds*

- Ankles (side to side, flex, point)
- Hip Flexor (loop band on rig)
- Upper back (loop band on rig)
- Neck (loop band around foot + shoulder)
- Legs
 - laying on back (fwd, side, side)
 - laying on side (back)
 - laying on stomach (back)

FOAM ROLLING

*Suggested duration:
5-7 passes per area (hold on tight spots; flex + relax muscle)
30 seconds for stretches*

- Calves
- Hamstrings
- Glutes
- Quads
- Mid-Upper Back
- Chest Opener stretch
- Psoas Opener stretch
- Feet (using a foot roller)

It's important to remember that every athlete's needs are different. These are exercises that benefit the average runner. If you have been prescribed specific cool down exercises from a physical therapist, please do those instead. If any of these exercises cause you pain, stop doing them and reach out to your coach.