

GVH Summer 2020 Warm-up, Drills & Plyo

- Warm-up, Mobilisation & Activation be done at least 2 times a week before a run. Can be done before any run and any number of times.
- Drills to be done at least once a week, ideally twice or more
- Plyometrics only once a week and ideally when not running, or on the day of an easy run
- All progressions only to be done if previous exercise has been mastered.
- Each runner to progress through these exercises at his/her own pace.

Week	Warm-up	Mobilisation	Activation	Drills	Plyo
<i>Weeks 1-3 (w/c 6/4, 13/4 20/4)</i>	5' Jog	10 x Supported Leg Swings (EL, Forward & Back, Side to Side) 10 x Calf Raises 10 x Hip Rotation (5 in each direction) 10 x Shoulder Rotations (5 in each direction) 10 x Arm Swings (5 in each direction)	Lunges – 5 x Each Leg 10 x Squats 2 x Bear Crawl (forward and back c. 5m)	2 x Short Skips (aim for 10-15m – if you don't have that space do more sets of shorter distance) 2 x Stationary Walking High Knees (10 each leg) Stationary High Knees with Pause (pause on every 5 th step, hold for count of 4, 3 pauses on each leg)	
<i>Weeks 4-6 (w/c 27/4, 4/5,11/5)</i>	5' Jog	10 x Unsupported Leg Swings (EL, Forward & Back, Side to Side) 10 x Calf Raises 10 x Hip Rotation (5 in each direction) 10 x Shoulder Rotations (5 in each direction) 15 x Arm Swings (5 in each direction then 5 in opposite direction)	2 x Walking Lunges – 5 x each leg 10 x Walking Squats with rotation (5 in each direction) 2 x Table Top Crawl (forward and back c.5m)	2 x Short Skips 30" Bounce Steps (stationary) 2 x Marching High Knees 2 x Marching High Knees with Pause (every 5 steps as before)	5 x Standing Jump 2 foot landing 2 x Hopscotch one foot (same leg) to two foot landing

<p><i>Weeks 7-9 (18/5 – 01/6)</i></p>	<p>5' Jog</p>	<p>10 x Unsupported Leg Swings (EL, Forward & Back, Side to Side) 10 x Calf Raises 10 x Calf Pumps 10 x Hip Rotation (5 in each direction) 10 x Shoulder Rotations (5 in each direction) 15 x Arm Swings (5 in each direction then 5 in opposite direction)</p>	<p>2 x Weighted Walking Lunge 5 x Each Leg 10 x Walking Squats with rotation (5 in each direction) 2 x Table Top Crawl (forward and back c.5m)</p>	<p>2 x Short Skips 2 x Side to Side bounce steps (moving forward) 2 x Running High Knees 2 x Running High Knees with pause</p>	<p>5 x Standing Jump one foot landing (each leg) 2 x Hopscotch one foot (alternating leg) to two foot landing 30" hopping (each leg)</p>
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