

Stretch, Sprint Happy Hour - Stretch Plan
(5) Saturdays, April 17 to May 16, 2020

Foam Roll - 10min, 10:5, aim for 3-rolls/spot

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|-----------------------|-------------------------------------|
| 1. Mid to Upper Back | 12. Pec R/L |
| 2. Low to Mid Back | 13. SL / BK Adductor R/L |
| 3. Thoracic Extension | 14. Hip Flexor + TFL R/L |
| 4. Lat Rotations R/L | 15. HF+TFL Rotations - R/L |
| 5. Both Glutes | 16. Medial Quad R/L |
| 6. Piriformis R/L | 17. Lateral Quad R/L |
| 7. Glute Medius R/L | 18. Rotational Quad R/L |
| 8. Hamstring R/L | 19. Shins / Tibialis Anterior - R/L |
| 9. Hamst Rotation R/L | 20. Peroneals - R/L |
| 10. Calf Rotation Lx2 | 21. Peroneals Rotational - R/L |
| 11. Calf Rotation Rx2 | 22. Triceps R/L |

Stretch - 36min (72sec per set; 36/side; 3breaths x3:1:6:2/breath)

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| 1. Breathing x6 breaths | 16. Quad + Hip Flexor Stretch |
| 2. Side-Lying Thoracic Rotation Hold R/L | 17. Quad + Hip Flexor Reaches 3x6e |
| 3. Adductor Hold R/L | 18. Crossover Toe Touch - R/L |
| 4. Toe Sit / Heel Sit | 19. Toe Touch to V-Stance Toe Touch |
| 5. Wrist Flexors - R/L | 20. V-Stance - R/L |
| 6. Wrist Extensors R/L | 21. 90 ⁰ Pec Stretch R/L |
| 7. 90/90 Hip ER R/L | 22. 1-Arm Lat Stretch R/L |
| 8. 90/90 Hip IR R/L | 23. Crossbody Shoulder Pull R/L |
| 9. 1/2 Lotus R/L | 24. Triceps IR+ER |
| 10. Spider March Elbow to Instep R/L | 25. Triceps IR+ER |
| 11. Spider March T-Spine Rotation R/L | 26. Biceps Push @ Wall R/L |
| 12. Spider March 1-Arm Reach R/L | 27. Neck Flexion / Extension |
| 13. Spider March to HK OH Reach R/L | 28. Neck Rotations R/L |
| 14. Cobra Stretch + Downward Dog | 29. Neck Lateral Flexion R/L |
| 15. Linear Splits R/L | 30. Calf Stretch R/L |

Stability - 8min

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| 1. Floorslides w/ exhale x12 | 5. Quadruped Opposites x8e |
| 2. 2 Leg Hip Lift (5ct hold @ top / rep) x10 | 6. 1/2 Kneeling Wall Hip Flexion 3x5sec Holds |
| 3. 1 Leg Hip Lift (5ct hold @ top / rep) x5e | 7. Mini Band Hip Rotations x10e |
| 4. Leg Lower (5ct hold @ bottom / rep) x5e | 8. Lateral Band Walk x10e |

Mobility - 5min

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| 1. Standing Ankle Mobs x10-20 each | 4. Trunk Rot - no, pivot, bent-over x5e |
| 2. Lateral & Linear Leg Swings x5e | 5. Arm Motions (circles, bush, hugs, slings) x8e |
| 3. 3-Way Standing Hip Flexor Mobs | |

Dynamic Warm Up - 14min, 10yds

1. Dynamic Calf Push x10 each
2. High Knee Hug x4-6e
3. High Knee Skip x3-5e
4. High Knee Run x 20 each
5. Walking Quad Pull x4-6e
6. Heel Up Run x20 each
7. Backwards Single Leg Dead Lift to Y-Raise x3-5e
8. Straight Leg March x4-6e
9. Straight Leg Skip x3-5e
10. Lunge to Instep with Hip & Toe Raise x3-5e
11. Backwards Lunge to Side Reach x3-5e
12. Lateral Lunge (switch ½ way) x3-5e
13. Drop Lunge (switch ½ way) x3-5e
14. Inchworm x3-6

Sprint Plan - Tempo Runs

	Day 1
Week 1	Tempo x10
Week 2	Tempo x12
Week 3	Tempo x14
Week 4	4 x150 Shuttle 600 yds
Week 5	5 x150 Shuttle 750 yds

*Tempo is based on 100 yds.
Shuttle run. Mark off 25 yards.
Running back & forth is 50 yds.
Do that 3x to get 150 yds.
Rest 120bpm b/w efforts / reps
Repeat for prescribed reps.*