


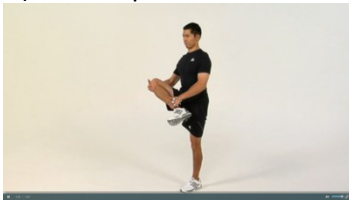

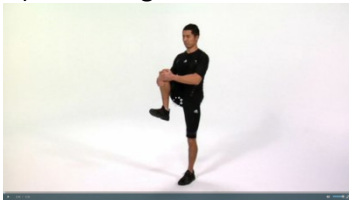

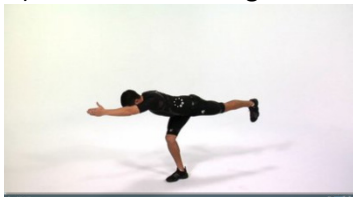



Light Jog – 3 minutes	
<p>1.) Ankle Leans (straight and bent knee)</p> 	<p>6.) 2 Way Stretch (reverse Lunge w/ Elbow to Instep to ham stretch)</p> 
<p>2.) Lateral Lunge</p> 	<p>7.) 1-2-3 Hip Rotator Stretch</p> 
<p>3.) Forward Alternate Lunges w/ Reach</p> 	<p>8.) 1-2-3 Hug Knee</p> 
<p>4.) Toe Touches to Deep Squat (proud chest)</p> 	<p>9.) 1-2-3 Hamstring Stretch (High Kicks)</p>
<p>5.) Inverted hamstring Stretch</p> 	<p>10.) 1-2-3 Quad stretch</p> 

IT Bands – PLUS TWO!!



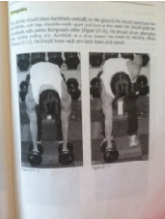

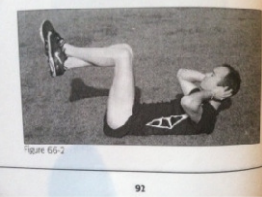
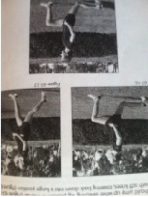
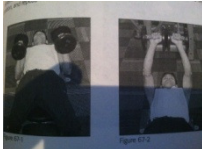
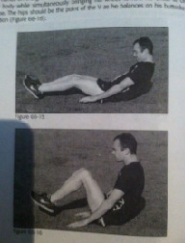
Others:

Toe Walks, forward and backward - Calf Strengthening

Toe raises on steps - Achillies-Shin

Pre Race - Drills & Strides (Butt Kicks, Knee Highs, Strides)

Core / Legs CT

<p>1.) XReverse CrunchX</p> 	<p>Power Push-Ups or Roof Top Push-Ups</p>	<p>Bench Squats</p> 
<p>2.) Superman</p>	<p>XRenegadesX</p> 	<p>Squat Jumps</p> 
<p>3.) Crunch</p> 	<p>XMedicine Ball Squat TossX</p>	<p>Split-Jump Lunges</p> 
<p>4.) Side Plank</p>	<p>XRotated Chest PressX</p> 	<p>Step Calf Raises, Single Leg (weights/Hand)</p>
<p>5.) V-Sit</p> 	<p>Push-Ups</p>	<p>Box Jump Single Leg Squat w/ Bench</p>