

# At Home – Pre Season – Off Days

Try to get a little exercise every day \* Don't do too much too soon \* Don't increase too fast

- **Dynamic warm up**
  - Lunges – forward, backward, lateral
  - Inchworms
  - Spiderman crawl
  - Knee Hugs
  - Quad stretch
  - Monster Walk / Zombies
  - Slides
  - Carioca
  - High Knees
  - Seat Kicks
  - Skips – forward, backward, lateral
- **Strides**
  - Where – anywhere – backyard, track, in a park, soccer field, football field, in your neighborhood, on the sidewalk or from driveway to driveway
  - What – Run 100 meter strides – 10 times. The first one should only be at 50% effort as you get warmed up. The next one 65% effort. The next several should be run as an acceleration of speed up to a strong pace but not all out.
- Jump Rope – Jump 30 seconds, rest 30 seconds – repeat 4 to 10 times
- Run moderate effort 2 minutes, walk 1 minute, run 2 minutes, walk 1 minute
- Run moderate effort 5 minutes, walk 1 minute, run 5 minutes, walk 1 minute
- Run 10 minutes, walk 2 minutes, run 10 minutes
- Run 1/4 mile, walk 100, run 1/4 mile, walk 100 – repeat 4 to 8 times
- Run 1 mile, harder effort
- Run 2 miles, very easy effort
- Run for time – 5 minutes, 10 minutes, 15, 20, 25 or 30 minutes
- Strength Train - Body weight exercises like push ups, planks, single or double leg squats, lunges.
- Get used to breathing nice and relaxed.
- Get used to figuring out what you can and can't eat before you run.
- <http://naturalrunningcenter.com/2012/03/06/video-the-principles-natural-running/>
- [www.marctrack.com](http://www.marctrack.com) View videos
- Cross Train – bike, walk, tennis, baseball, volleyball, swim, soccer, elliptical, ladder drills
- **FYI – We Will Coach This at Practice: You Get Faster by Training and Using Your Fast Twitch Muscles**
  - Speed Training Works on:
    - Increasing Stride Rate
    - Increasing Stride Length
    - Improving Acceleration
    - Running Form
    - Running Intervals to increase speed endurance
      - All of this is done by
        - Resistance Running
        - Running with assistance
        - Flexibility
        - Strength