

2021 DH Conley

Cross Country



Summer Training

2021 DH Conley Cross Country

Websites/social media for Team Announcements

- www.conleyxc.org – Announcements and links to everything! Check regularly for updates!
- www.conleyathletics.com – Meet stories, athletic department announcements, eligibility forms
- www.go.teamsnap.com - summer workouts, team roster, phone numbers, emails, team calendar (*email coachchoo@gmail.com for invite, create a free account, then download phone app*)
- www.facebook.com/groups/conleyxc - for parents and athletes
- www.strava.com/clubs/dhcx -track your running mileage, connect with teammates (*social media for runners! Create free account, download app for phone*)
- Instagram - @dhconley_xc_trackfield/
- Twitter- @DHC_XC
- nc.milesplit.com – meet results, rankings, championship results
- www.athletic.net – meet results, stats, workout log (*go to site, search for DH Conley, create a free account, and claim your stats!*)

Coaching Staff

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Athletic Director: Rob Maloney, maloner@pitt.k12.nc.us

Message from Coach Choo

Dear Runners and Parents,

I am honored to be coaching the DH Conley Cross Country team. Despite the challenges of Covid, 2020-21 was a great year for Conley XC. Meets were limited in the number of runners so we ran 2 meets a week, splitting the team so everyone was able to compete each week! The the boys and girls teams both won the ECC conference Championship meet (4th year in a row!) The boys won the NCHSAA East Region championship and finished 9th in the state championships. The girls finished 5th in the East region, one spot out of a trip to states.

Along the way we won several meets and had an incredible number of outstanding performances by our runners. Both the boys and the girls recorded perfect scores in meets along the way. Landon Williams won the conference championship meet and regional championship meet. 7 boys earned All-Conference and 7 were named to the All Region team. 4 DHC "Gorls" made the All-Conference team!

Fall 2021 Season

Our success will be dependent upon how much training we do during the summer. Each of you will have individual goals and will control your individual success. As a team we are dependent upon each other! *You need your teammates to keep you motivated, and they need you to keep them motivated!*

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Our Coaching Philosophy- Sports are an educational experience. Participation is important, but the true education comes from learning to commit to a goal and working towards that goal. It is rarely an easy or smooth path, but that is the purpose, to learn how to deal with challenges you encounter. You learn about yourself in the process, and you also gain confidence from overcoming obstacles and achieving some level of success. An important part is learning to deal with failures as part of achieving success.

Athletes learn to be a part of a team, even in running. Your participation on a team exposes you to multiple challenges and opportunities. Like life, this will not be a smooth path but one with many ups and downs. How you handle those ups and downs will determine your success.

You will learn to get along with others, to work together. You will gain friendships and bond with your teammates, sometimes these are lifelong bonds. Their success will depend on them and vice-versa. You gain energy from your teammates, and likewise you can energize them.

I expect team members to be motivated, respectful and accountable. I expect you to be **serious** about attaining your goals. The first step in achieving success is deciding that you are going to be serious about running. This means that before anything else you are a runner. You wake up each day knowing when, where and how much you are going to run. This does not mean that everything else takes a backseat to running, but rather that you plan ahead and decide how to accomplish your running plan. For most of you there is more than enough time each week to train for success.

"Res Severa Verum Gaudia" - to be serious is the greatest joy. Take running serious and you will experience many joys from it!

Looking forward to a great year! - **Coach Choo**

Running Philosophy

Running is a lifelong sport regardless of your ability. I believe you achieve running success by setting realistic short term goals that are steps in attaining a long term goal. Achieving that goal becomes the basis for your motivation and your decision making. Success is best obtained by having a well thought out plan geared towards reaching your goal, then following that plan. Adjustments are made along the way, but understanding the purpose of the plan will help you to make the proper adjustments,

There is no secret to getting faster. The more you run the faster you will get. The body adapts to stress, the more you stress it the more it will adapt. The key is to progress your training, and to do all the things needed to keep your body healthy while doing so.

Base training increases the body's ability to use oxygen. The more oxygen you can use, the faster you can run for longer periods of time before you get fatigued. **This is only accomplished by logging miles.** Running 30 miles a week will produce greater results than running 20 miles a week. Running 40 miles a week will produce greater results than running 30 miles a week. Time spent running causes the muscles to adapt by creating more blood vessels in the muscles to carry more blood/oxygen to the muscles. The muscles adapt by generating more mitochondria that are used to metabolize oxygen. There is no other way to do this. Running faster for short distance does not produce this result, it is only done by time spent with your heart rate elevated (ie: running!)

Faster running has its benefits, but building the base produces the greatest results and the longest lasting results. So we have to increase your mileage. To accomplish this, we have to gradually build the miles, and do it with steady running so we do not get hurt. Increasing your mileage to fast will often cause injuries. You have to be consistent, running some amount nearly every day, even if it is a 10 minute jog around the block.

For the body to adapt is also requires rest and good nutrition. Try to get 7-8 hours of sleep a night, get yourself a new pair of shoes, and eat healthy. You will be tired, and when tired you will not feel like running. Sleep is important. Set goals for how many miles you are going to run each week; this will help your motivation and give you a purpose. It feels good to accomplish these mileage goals, it will motivate you. Keep track of your running each day, add up your distance. During the summer it is hot, so get up early or run late in the day. Split your runs up if needed, it is just as effective if you do this. Try to get one long run of over an hour in each week.

Fitness is important. Core exercises will help you to have better form, which will help you to run faster and also stay healthier. Flexibility will also make it easier to run. Hamstrings, lower back, calves, quads and IT band are essential. Stretching after you run, use of foam roller will increase flexibility.

Equipment

Running does not require a lot of expensive equipment but there are a few things every runner should have.

1. Good running shoes - What is a good shoe? Your shoes should match your feet. If you have mid-high arch you need a flexible cushiony shoe. If you have mid arch –flat arch you should have more stable shoes. Every brand makes multiple models to fit the needs of all types of runners. **You want them to fit snug, but not tight.** Err on the side of too big rather than too small. Most HS runners don't need the most expensive model, and mid-priced shoe should work well for you. If you are not sure go to **Fleet Feet** for advice or use this link to determine which shoes might work best for you <http://www.runnersworld.com/shoe-finder/shoe-advisor>
I recommend having 2 pair of shoes that you can switch back and forth. Also remember that after about 300 miles running shoes tend to lose their cushioniness (is that a word?!))
2. A running watch - Timex ironman is a good model, costs \$30-\$40 and can be purchased at Walmart or K-Mart. GPS watches are nice but certainly not necessary. You can download an app from Strava.com or Mapmyrun.com and turn your phone into a gps watch!
3. Running socks – Good socks are essential for preventing blisters. It is good to have 3-4 pair. You don't want thick cotton socks (they hold moisture and cause friction), but rather thinner nylon socks. Balega are a great brand, but there are many good ones. You can often find inexpensive socks at Walmart that are designed for running.
4. A foam roller – use this a few times a week to massage your muscles, it will facilitate recovery and keep you healthy.
5. Racing flats/spikes (for the racing season)– you will run faster race times with these
6. Body glide (or some other product to reduce chaffing!) You can find this at Omega sports.

Good Running Habits

1. Run every day, even if it is just 10 minutes of easy jogging. **Getting out the door is the hardest part!** Taking a day off once a week or once every two weeks is recommended.
2. Keep a running log, recording how far you ran and how you felt, who you ran with, etc.
3. One day a week you should run for at least an hour, preferably non-stop but if you have to take breaks do so.
4. One day a week you should throw in some faster running. Either add short accelerations (faster pace but not all out sprinting) or run 10-20 minutes at a faster continuous pace.
5. Set weekly and monthly mileage goals, attaining those goals will become your motivation for getting out the door.
6. Run easy on most days, you only need to run hard once or twice a week to see improvement. The rest of the time your focus is primarily on logging time running.
7. Practice good running form. Run tall, light on your feet, use your arms. Don't pound, be smooth.
8. Start off easy on your runs, allow your body time to warm up and adjust.
9. Take time to stretch your hamstrings, calves, lower back and quads 4-5 times a week, preferably after you run.
10. Get a foam roller and use it 3-5 times a week. Slowly rolling the muscles in your legs will improve flexibility, facilitate recovery and will help to keep you healthy.
11. 2-3 days a week find time to do 10-15 minutes of core work
12. Whenever possible eat within 30-40 minutes after you have a harder or longer run, your muscles will refuel themselves faster and you will feel more energetic the next day
13. Get 7-8 hours of sleep!
14. Drink lots of water, minimize soft drinks!
15. **Find people to run with 2-3 days a week!**
16. Follow your plan!
17. Pay attention to your body. For aches and pains use the RICE method (Rest, Ice, Compression, and Elevation). Gentle massage is also very helpful. Ice 20 minutes at a time, 2-3 times a day for small pains, this will prevent them from becoming big pains! Contact your coaches and let us know about these aches!

SUMMER TRAINING

Success during cross country season is usually determined by a runner's offseason training. The best offseason training is different than in-season training. The emphasis is on conditioning rather than speed and intensity. **You want to be able to run a long time without getting tired!** So the focus will be on building your aerobic base.

We will do training that develops our "aerobic base" which means we will:

- develop the mechanisms that enable us to burn oxygen efficiently
- increase the fuel stores in the muscles
- build more blood capillaries in the muscles to carry oxygen
- develop more mitochondria in the muscles cells to burn our fuel and provide energy
- strengthen the bones, joints and connective tissue, reducing the chance for injuries.

The best way to accomplish building an aerobic base is:

- be consistent by running nearly everyday (rest days are planned as needed)
- mix the amount of running we do each day
- mix the intensity of our runs
 - When you run fast, run fast! When you run easy, run easy!
 - Avoid the trap of running the same speed/effort each day (it's ok to run easy!)
- keep 80-85% of our running at a very low intensity
 - Allows us to handle the volume without getting injured
- Increase our weekly mileage in small increments (10% or less), with planned break weeks
- focusing on being smooth and relaxed
- We are only as good as our recovery!

Running everyday (even if it is just a little bit) will yield better results than sporadic running. The consistency and amount of activity is more important than the intensity, the gradual day-to-day accumulation is what causes the body to make the adaptations that will make you faster.

OFF SEASON TRAINING PLAN

Below is a mileage guide that increases your running mileage gradually over the course of several weeks. It mixes easy days and harder days, longer days and shorter days. These distances are approximate, don't try to hit each distance exactly! Your runs can be a little shorter or longer, and your weekly mileage can vary slightly. In 12 weeks you can double your weekly mileage!

To use this guide:

- Pick the weekly mileage that you are currently comfortable with, find the yellow cell that corresponds to that mileage
- Follow the daily guide to mix your miles and effort
- It is okay to rearrange the order of your days, find what pattern works for you
 - Follow the hard/easy principle whenever possible (alternate hard days w/easy days)
 - Try to get the long run in early in the week
 - When in doubt, take it easy
 - Find days to mix in short little 1-3 miles efforts in to get extra miles!

Variety is very important! The pace, effort and distances of your runs should vary in order to receive the maximum benefits. When in doubt you can go easy! It is the accumulation of the runs that PROVIDES THE TRAINING BENEFIT, NOT A SINGLE RUN. **80-90% of your total miles should be done at an EXTREMELY EASY EFFORT (focus on effort rather than pace!)**

Guide to the Runs:

Long Run – This is the longest run of the week, and the most important. Most of this run should be done at “conversational” pace, a pace where you can easily carry on a conversation. It is okay to pick up the pace over the last 10-15 minutes of your run.

- Tip 1- start your long runs at a very easy pace
- Tip 2 – Do your long run early in the week!

Easy Days – At least 3 of your days each week should be easy effort, conversational pace. At the end of these runs you should feel like you can continue for another few miles with no effort! You can do 2 easy runs in a day to get miles in!

Wild Card day – Make this whatever you want! You can run easy, long run, do a workout or take the day off! (If you take the day off you can make up the miles on the other days of the week by adding in some extra easy running.

Recovery day – This should be a regular part of your training! A day where you rest or run just a minimal amount at an easy pace, giving your body an extra dose of rest!

Add-on Miles – *These are the additional miles needed to reach your mileage goals for the week.* You can add in 2-3 short runs as a second run of the day as needed to get these. Running twice a day, even if one of the runs is very short, provides. It is also permissible to tack on these easy miles on any of the runs during the week, whatever works for you!

Workout day – This day will include fast running! We all need some fast running to test ourselves! See list of workout options below. The mileage listed for this day includes not just the portion of faster running but also the warmup, cool down and recovery segments. Always do 5-10 minutes easy running before picking up the pace, and finish with at least 5 minutes of easy running or walking. Your total amount of fast running on a given day should not exceed 3 miles (the extra mileage is for warmup, cool down, and recovery between intervals.

There are several different types of workout runs you can do. During this phase of training the type of workout is not critical BUT resist going 100% intensity. 80-90% intensity is sufficient enough to accomplish what we need at this stage of training and keep recoveries to a minimum rather than full recovery. Use these workouts to perfect our running form!

- **Fartlek** – Easy running with fast running mixed in. After 5-10 minutes easy running to warm up you can alternate fast running (30-60 seconds) with equal amounts of easy jogging. If running in your neighborhood you can alternate blocks, or run light pole to light pole. Really focus on your form. (these are great for windy days or when you feel cruddy but need a workout!)
- **Repetitions** – after warming up run 3-5 minutes fast, then recover jog for 1-2 minutes, then repeat as many as you want (no more than 3 miles of hard running!)
- **“Shifters”** – (90/30/15/45)- work on changing your gears! After warming up run 90 sec at tempo pace, surge for 30 seconds, kick for 15 sec, then jog for 45 seconds, repeat 4-8 times. The first time you do this workout
- **“Street ladders”** – When running in neighborhoods you can use the street blocks (or light poles) as your interval distances. To do a street ladder you can run 1 block fast, then 1 easy, 2 blocks fast, 1 easy, 3 blocks fast.....then back down to 1 block. You can also do this by going 30 sec hard, then easy, 1 min fast, then easy 1:30 fast.....you get the idea!
- **Hills** – you can run hill repeats or do your run in an area that has multiple hills. Start slow at bottom of hill and gradually build the intensity, jog back down and repeat.
- **Outback run**-run easy in one direction, turn around and run fast to get back where you started. For example-run 20 minutes easy in one direction, then see if you can make it back in 15 minutes.
- **Progression runs** – Start out at an easy pace, gradually increase the pace so each mile is faster than your previous mile
- **Tempo run**- pick a favorite route and run it at a faster controlled pace (not all out, but much quicker than normal training pace. Run at a pace that you can talk but talking is difficult. Start with 5-10 minutes easy running before going into tempos pace. I deal amount of time spent at tempo pace is 15-25 minutes. Never exceed more than 30 minutes of tempo pace at one time (no real benefits for going longer than 30 min).

total miles	Long Run Day	Easy Day	Workout Day	Easy Day	Wild card day	Easy Day	Rest & Recovery day	Add-on Miles	Focus
12	3	2	3	2	1	1	0	0	recovery
15	4	2	3	3	3	1	0	0	speed
18	5	2	2	3	3	1	2	0	mileage
13	3	1	2	2	2	1	0	2	recovery
17	4	2	2	2	2	1	0	3	speed
20	5	2	2	3	2	2	2	2	mileage
15	4	1	2	2	2	1	0	3	recovery
18	5	2	2	3	2	1	0	3	speed
22	5	2	3	3	3	2	2	2	mileage
16	4	2	2	2	2	1	0	3	recovery
20	5	2	2	3	2	2	0	4	speed
24	6	2	3	4	3	2	2	2	mileage
18	4	2	2	3	2	1	0	3	recovery
22	5	2	3	3	3	2	0	4	speed
26	7	3	3	4	3	2	2	3	mileage
19	5	2	2	3	2	2	0	3	recovery
24	6	2	3	4	3	2	0	4	speed
29	7	3	3	4	3	2	2	3	mileage
21	5	2	3	3	3	2	0	4	recovery
27	7	3	3	4	3	2	0	5	speed
32	8	3	4	5	4	3	2	4	mileage
23	6	2	3	4	3	2	0	4	recovery
29	7	3	4	4	4	2	0	5	speed
35	9	4	4	5	4	3	2	4	mileage
26	6	3	3	4	3	2	0	5	recovery
32	8	3	4	5	4	3	0	6	speed
39	10	4	5	6	5	3	2	5	mileage
28	7	3	3	4	3	2	0	5	recovery
35	9	4	4	5	4	3	0	6	speed
42	11	4	5	6	5	3	2	6	mileage
31	8	3	4	5	4	2	0	6	recovery
39	10	4	5	6	5	3	0	7	speed
47	12	5	6	7	6	4	2	6	mileage
34	9	3	4	5	4	3	0	6	recovery
43	11	4	5	6	5	3	0	8	speed
51	13	5	6	8	6	4	3	6	mileage
38	9	4	5	6	5	3	0	7	recovery
47	12	5	6	7	6	4	2	6	speed
56	14	6	7	8	7	5	3	7	mileage
40	10	4	5	6	5	3	0	7	recovery
49	12	5	6	7	6	4	2	7	speed
59	15	6	7	9	7	5	3	8	mileage
42	10	4	5	6	5	3	0	7	recovery
52	13	5	6	8	6	4	2	7	speed
62	16	6	7	9	7	5	3	8	mileage
44	11	4	5	7	5	3	0	8	recovery
54	14	5	7	8	7	4	2	8	speed
65	16	7	8	10	8	5	4	8	mileage
46	11	5	5	7	5	4	0	8	recovery
57	14	6	7	9	7	5	3	7	speed
69	17	7	8	10	8	5	4	8	mileage
48	12	5	6	7	6	4	0	9	recovery
60	15	6	7	9	7	5	3	8	speed
76	19	8	9	11	9	6	4	10	mileage

Putting it all together

Arranging the days is important. A coach can write a specific day-to-day plan, but a coach can't account for your day to day life, so runners have to understand their training well enough to make adaptations as needed! The weather, how your body feels, injuries, lack of sleep, work, travel... are all factors that play into your training. A runner must adapt and adjust rather than blindly following hard schedule with no flexibility.

Rules of thumb:

- Hard/easy principle- follow hard efforts with easy recovery days
- When in doubt err on the side of easy/avoiding injury
- Start your runs with at least 5-10 minutes of chill running to warm the body up
- The goal is time spent running, accumulating mileage. 80-90% of running should be very easy effort, speed will come later!
- When you do run fast, keep it under control!

A typical off season training week might look like this (*your weekly times/distances will vary according to your mileage chart*):

Monday – long run: 60-90 minutes easy pace, finish faster the last couple of miles + yoga or foam roll

Tuesday – easy day: 30-45 min (pm) + yoga or foam roll

Wednesday – workout day: abs + 15 min easy/40 min varied pace running(w/8-10 accelerations of 20-30 seconds) + workout

Thursday - easy 15 min (am) + yoga or foam roll, 40 min (pm)

Friday- rest or short recovery run of 10-15 minutes

Saturday – abs+ 10 minutes easy + 2-3 miles tempo pace + 5-10 100m strides (am) + workout, 20 min easy (pm)

Sunday – 30-45 minute chill running

Finally – Mix in Abs, core work, plyos, strength workouts whenever you can. Just a little of these everyday will pay big dividends. You don't have to kill it, just get a little done everyday! Remember, you eat an elephant 1 bite at a time!

Below are some sample core, strength, plyo & yoga workouts. You can choose any workout BUT KEEP THIS IN MIND: Do strength and Plyo work on harder running days, do yoga/foam rolling on recovery days (so the recovery days are truly recovery days).

THE SHORT-ON-TIME, HIGH-ON-INTENSITY CIRCUIT WORKOUT

Perform 15 reps each exercise with 30 seconds rest. Do 2-3 sets.

- 1 PRISONER SQUAT** **2 PLANK JUMPING JACKS**



- 3 GOBLET REVERSE LUNGES** **4 CYCLING RUSSIAN TWIST**



- 5 LATERAL LUNGE AND TWIST**



Women'sHealth

THE RUNNER'S MUST-DO WORKOUT

Perform one set of each exercise below, in order, with 90 seconds of rest between every set.

- 1 KETTLEBELL SUMO DEADLIFT*** DO 12 REPS **2 WALKING LUNGE*** DO 20 REPS (ONE REP = ONE LUNGE)



- 3 SINGLE-LEG DEADLIFT** DO 12 REPS, THEN SWITCH SIDES **4 ROLLING PLANK** DO 14 REPS (ONE REP = ONE SIDE)



- 5 SINGLE-LEG HIP EXTENSION*** DO 12 REPS, THEN SWITCH SIDES



*EXERCISE IMAGES FROM SHAPE-UP SHORTCUTS

Women'sHealth

8 MINS TO FLAT ABS

FITWR.COM



10 CRUNCHES



10 BICYCLE CRUNCHES



10 MOUNTAIN CLIMBERS



10 SIDE V-UPS (PER SIDE)



10 DYNAMIC PLANKS



10 KNEE TOUCHES



10 TOE TOUCHES



10 LEG LIFTS



10 CRUNCH CLAPS

SETS LEVEL I 2 SETS LEVEL II 3 SETS LEVEL III 4 SETS REST BETWEEN SETS UP TO 1MIN

Plyometric Workout

Do each exercise for 1 minute as a circuit 3 times with 30 seconds rest between each exercise.

Lunge / Front Kicks



3 sets 60 seconds

Side to Side Jump Squats



3 sets 60 seconds

Single Leg Glute Bridge / Hip Extension



3 sets 60 seconds

Skaters



3 sets 60 seconds

Standing Long Jump



3 sets 60 seconds

Step Up with Knee Raise



3 sets 60 seconds

Pose 1: Downward -Facing Dog



How To:

- Take your body into an inverted V-shape with your hands shoulder-width apart and feet hip-width apart.
- Let your knees bend and head hang in between your arms.

Benefits:

- Stretches hamstrings, calves, and feet
- Strengthens back and arms
- * Don't worry about your heels touching the ground, bend your knees significantly so that you can find ease in your hamstrings

How To:

- Bring your body into a plank position with your wrists and be on the balls of your feet
- Spread your fingers on the mat with your gaze a few inches in front of your thumbs
- Feel a straight line from the top of your head to your heels

Pose 2: Plank



Benefits:

- Strengthens and tones all three layers of the core
- * See how long you can hold plank for: starting with 30 seconds and increasing the duration each

Pose 3: High Lunge



How To:

- From Downward-Facing Dog or standing, take your right foot forward and straighten your back leg, with your left heel raised
- Make sure your right knee is over your right ankle
- When you feel stable in your legs, lift your arms up by your ears with your shoulders relaxed

Benefits:

- Builds stability in pelvis and legs
- Stretches hamstrings and hip flexors
- * To feel an even deeper hip flexor stretch, bend your back knee two inches from the floor, with your core engaged

How To:

- From Downward-Facing Dog or standing, take your right foot forward and straighten both legs with your back heel slightly raised
- Forward fold over your legs with your hands on floor, shins, or yoga blocks on either side of your front foot
- Push your hips back your head and there is no tension on the back of your neck

Pose 4: Pyramid



Benefits:

- Stretches hamstring and calves
- * Keep a slight bend in your front knee to avoid

Pose 5: Cross Forward Fold



How To:

- From a standing, forward bend, cross your right foot over your left foot
- Line up your toes with one another and let your knees bend
- Take your hands to floor, shins, or yoga blocks

Benefits:

- Stretches hamstrings, outer hip, and IT band
- * To feel an even deeper stretch, place both of your hands to the right side of your foot (i.e. whichever leg is on top, bring your hands to that side)

**Pose 6:
Half
Lord
of the
Fishes**

How To:

- From a seated position, extend both of your legs out in front of your body
- Bend your right knee into your chest, placing your right foot outside your left thigh
- Put your right hand behind you (either palm or tened fingers) and use the left hand around your knee for support
- Eventually open the left palm, with the outer left elbow pressing the outside of the right knee



Benefits:

- Strengthens the muscles that support the spine
- Stretches outer hip and chest
- * Twists are a great way for runners to engage and stretch the sides of the body, which are often weakened by the forward-moving action of running

Pose 7: Locust



How To:

- Lie on your belly with your hands by your sides and palms facing down
- On an inhale, lift your upper-body, arms, and legs off the mat
- Make sure your gaze is down and forward to prevent irritating your neck
- Hold for a few breaths and on an exhale lower your body down

Benefits:

- Strengthens entire back side of the body, including back, hamstrings, and gluteals
- * Try not to over-squeeze your gluteals and instead cultivate firm gluteal muscles

Pose 8: Supine Pigeon



How To:

- On your back, draw your right ankle across your left thigh
- Interlace your fingers through the hole of your leg, behind your left hamstring
- Press your right knee forward, as you pull your left leg towards your chest

Benefits:

- Stretches inner groin and hips
- * If you have any knee pain in this posture, flex your toes to protect the knee joint

How To:

- Sit sideways next to a wall and swing your legs up onto the wall
- Make sure your sitting bones are pressing against the wall for support

Pose 9: Legs-Up- the-Wall



Benefits:

- Aids recovery
- Reduces lactic acid and inflammation
- * This posture is also a great preparation for a restful night of sleep

WEEK ONE: MONDAY, WEDNESDAY, FRIDAY

To improve your baseline flexibility, do the full body foam rolling routine three times a week. During each move, roll back and forth slowly for 30 seconds. If you hit a tender spot with the roller, hold it there for 30 to 90 seconds.

FULL-BODY FOAM ROLL

1

HAMSTRINGS ROLL

Roll for 30 seconds



2

GLUTES ROLL

Roll for 30 seconds



3

ILIOTIBIAL-BAND ROLL

Roll for 30 seconds



4

CALF ROLL

Roll for 30 seconds



5

QUADRICEPS-AND HIP-FLEXORS ROLL

Roll for 30 seconds



6

GROIN ROLL

Roll for 30 seconds



7

UPPER-BACK ROLL

Roll for 30 seconds



8

LOWER-BACK ROLL

Roll for 30 seconds



9

SHOULDER-BLADES ROLL

Roll for 30 seconds