Running Program
Strength & Stability

GATORADE

i2P
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Warm Up and Mobility/Prep Work (prior to strength routine)	Sets	Repetitions
General Warm Up: 5-10 mins light aerobic activity (bike/brisk walk)	-	-
Strength/Stability/Mobility		
1. Four-Point Kneeling Sequence. Begin with a slow cycle of Cat/Camel – this is an active range of motion exercise – not a stretch. Ensure that you are remaining in your comfortable ranges on flexion/extension…do not try to stretch beyond these. Following the Cat/Camel sequence return to neutral spine position, set your core and perform an opposite arm/leg raise each side. There should be no "un-wanted" movement of spine/pelvis while you are lifting limbs. While slowly lifting the leg focus on engaging glute. While lifting the arm focus on adducting scapula without elevating (do not shrug). Finally slowly rock back butt towards to heels, tuck chin under, and with hands out in front "walk" hands to one side (lateral bend in torso – you should feel a lat stretch) hold for a pause, then walk to the other side. Come back up to four-point kneeling and repeat.	1	4 to 8 circuits
2. Hip Stability-Mobility Sequence. Focus on alignment/control. At each point where you feel a comfortable stretch – hold for 3 seconds, before continuing through the sequence. Stay within an un-restricted range of motion.	1	2 to 4 circuits each side
3a. Standing Hip Flexion Cycle. Maintain good alignment and stability throughout.	2	10 reps at a slow tempo/side
3b. Rapid A Switch and Hold. Maintain control, alignment and balance. Rapid switch and then hold on stance side for at least 3 sec before switching again.	2	5 to 10 reps of 3 seconds hold/side; rest for 1 minute between supersets.
4. Prone Plank Alternating Slow Shoulder Tap to Push Up Plus. Begin on hands (like the top position of a pushup), and on knees placed wide apart – like a modified pushup). Keep core engaged do not allow back to sag or pelvis to rotate. Progress by gradually narrowing base of support (bringing knees closer together). Further progress to support on toes (feet wide apart again…gradually bringing them closer together). Following each slow shoulder tap – perform a slow push up plus (at the top of the push up – continue to push chest away from the floor – while protracting shoulder blades – without shrugging.	2	8 to 15 reps each side – at a SLOW tempo. Rest approximately 1 minute between sets.

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5. Stability Ball Prone V and T Arm Raise. Maintain good alignment throughout Focus on bringing shoulder blades together – without shrugging.	1V 1T	8 to 12 reps at a slow/ controlled tempo, each position Rest approximately 1 minute between sets
6. Single Leg Waiter Bow. Maintain good alignment and stability. Focus on glute contraction (stance side) upon return to upright. Maintain spinal extension (do not round out low back). Note the working side is the side that the foot is in contact with the ground.	2	8 to 12 reps at a slow/ controlled tempo, each side Rest approximately 1 minute between sets
7. Stability Ball-Wall Static Hip Abduction with Partial Single Squat. Keep core engaged - maintain good alignment. Focus on glute med contraction on stance side. Maintain a constant pressure on the ball by pressing the alternate side knee into the ball. While descending into the partial squat – ensure that you are able to maintain the glute med contraction. You may have to limit range at the beginning – to maintain the contraction.	2	8 to 12 reps at a slow/ controlled tempo, each side Rest approximately 1 minute between sets
8. Overhead Body Weight Squat Progression. Keep core engaged throughout and maintain good alignment. The deeper you go into the squat – the more difficult it will be to maintain the core contraction. When bringing arms to overhead "Y" position – focus on setting shoulder blades together and down (do not shrug). Alternate which arm comes off of the step first – per repetition. Stay within a comfortable range of motion (i.e. shoulders, back, knees, hips).	2	8 to 12 reps at a slow/ controlled tempo, each side Rest approximately 1 minute between sets
There should be no pain or symptoms associated with the performance of any exercise. Stop the activity if pain presents.		

Waiver

In consideration of being allowed to participate in the activities and programs of impossible2Possible, you hereby waive, release and forever discharge impossible2Possible, its employees, volunteers, agents, representatives, executors, and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities. You also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my
participation in any activities and programs of impossible2Possible, its employees, volunteers, agents, representatives, executors, and all others. By participating in the activities and programs of impossible2Possible, you acknowledge that you understand and are aware that strength exercise, flexibility exercise, aerobic exercise, including the use of the equipment is a potentially hazardous activity. You also understand that the mentioned activities involve a risk of injury and even death, and that you are voluntarily participating in these activities and using equipment with knowledge of the dangers involved.

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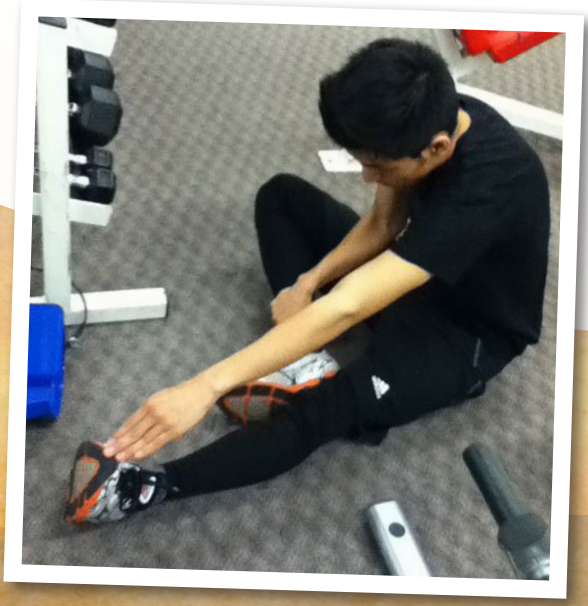
Flexibility	Sets	Repetitions
Post-Training Flexibility. Perform at the completion of your strength/stability/mobility program and following running. Stay within a comfortable range – only go to the point of a "light" stretch.		
A. Half Kneeling Hip Flexor Rope Stretch	2	Hold for 45 seconds
B. Standing Quadriceps Stretch	2	Hold for 45 seconds
C. Figure 4 Glute Stretch	2	Hold for 45 seconds
D. Seated Pretzel Glute Stretch	2	Hold for 45 seconds
E. Lying Hamstring Rope Stretch	2	Hold for 45 seconds
F. Standing Calf Stretch (straight knee and bent knee)	2	Hold for 45 seconds
G. Supine Lying Active Shoulder Adductor Stretch Sequence. Stay within a comfortable range of motion. Engage abdominal muscles to maintain low back in contact with the floor throughout both positions. First position, gradually work towards having backs of shoulders/arms/hands flat to the floor. Once this is achieved, then work on progressively sliding the hands overhead to the end of passive range of motion. Hold for 3 seconds, then switch to second position. Second position – looking at palms, place small fingers and elbows together, keeping forearm parallel to the floor. While keeping elbows together gradually reach finger tips overhead. Do not force the range – limit the range so that you are maintaining proper form – with no discomfort.	2	12 reps of 3 second holds/ each position
There should be no pain or symptoms associated with the performance of any exercise. If pain presents, stop the activity at once.