

Notes: Hi Frida, Great job today!! Attached are the exercises we went over. Remember before doing core exercises to find your correct posture with a neutral spine and breathing (*out in to ribs). For core always quality over quantity! You can practice the drills and running. As suggested go to a park practice the run drills and then run around the park putting it in to action for 1-3mins. Repeat up to 5x. Be sure to take care of the calves (stretch and roll).
*for the band walk put band around you feet and stand tall as you step to the side.
Enjoy! -Brittany

1- Front plank - Sets:3 / Repetition:3-5 / Frequency:3-4x/wk / Hold:10s

BREATHE



2- Side plank - Sets:3 / Repetition:3-5 / Frequency:3-4x/wk / Hold:10s

Again, up on the EXHALE. Breathe into belly/ribs while you hold strong and neutral.



3- Hip hike - Sets:2-3 / Repetition:10/side / Frequency:pre run



Stand up straight and look directly ahead of you.
Hike up your pelvis along one side so as to elevate one foot relative to the other.
Return to your original position.
When you hike your pelvis up, you must keep your knee straight. When the movement is correctly performed, you will feel it occurring along the side of your trunk and hip.

4- High knees run - Sets:2-3 / Repetition:10/side / Frequency:pre run



Run with high knees, keeping a tall posture. Quick and light. Emphasize foot coming up high.

5- High knees drill - Sets:2-3 / Repetition:10/side / Frequency:pre run



Practice on the spot marching, then jogging with high knees. Be sure that the foot is coming up under the knee, not under your butt!

Remember to keep your toes up as though balancing a golf ball on them.

6- Single Leg Hip Hinge - Sets:2 / Repetition:12/leg



Stand on one leg.

Hinge at the hips, keeping your spine neutral.

Drop down as far as possible until you feel a tension in your hamstrings of the support leg.

Return to the standing position using your glutes and hamstrings to lift you up.

Pause and ensure that you are stable before repeating.

Move SLOWLY! Exhale on the way up

7- Mini-band side steps



Place a mini-band around the thighs, just above the knee or around the lower leg near the ankle.

Take a step sideways using your abductors (gluteus medius), without rotating at the hips.

Keep the rubberband taut during all the duration of the movement.

Keep the back straight.

Keep the toes pointing forward at all time.