

# ***Orange Progression - Pre-Run and Post-Run***

## ***Orange Progression Easy Day - Pre-Run***

### ***Jeff Boelé Warm-Up (Jeff Boelé video)***

1. Low skips with arms swinging forward
2. Low skips with arms swinging back
3. Low skips with arms crossing
4. Skip with a twist (360°)
5. Backward walk with a reach
6. Backward skip
7. Butt kicks
8. Side shuffling - down and back
9. Side shuffle w/jumping jack - down and back
10. Carioca - down and back
11. Quick skip - single leg left
12. Quick skip - single leg right
13. Quick skip - alternating leg

Move to fence

1. Forward-backward x 10
2. Side to side x 10
3. Hurdle trail leg forward x 10
4. Hurdle trail leg backward x 10
5. Eagles x 10
6. Side bends x 10

Move to ground

1. Cat-cow (camel-old horse) x 5 cycles
2. Cat-cobra x 5 cycles
3. Reach through and reach up x 8 each side
4. Fire Hydrant x 8 each side
5. Donkey kick x 8 each side
6. Low whips x 8 each side

Go to track/parking lot/field for Sprint Mechanics

1. A-march
2. A-skip
3. B-march
4. B-skip
5. Dribbles (walk back)
6. Dribbles a second time (walk back)

## ***Post-Run - go right into this***

### ***Lunge Matrix (YouTube video)***

1. Forward Lunge x 10 (5 each side)
2. Forward Lunge with Twist x 10 (5 each side)
3. Side Lunge x 10 (5 each side)
4. Back and to the Side Lunge x 10 (5 each side)
5. Backward Lunge x 10 (5 each side)

### ***Jeff Boelé Multi-Directional Cool-down***

Do these for 20 meters

1. Backward jog
2. Forward skip
3. Backward skip
4. Backward skip with twist
5. Side jump jacks - L/R
6. Side slide - L/R

Do these for 10 meters

1. Forward single leg hop - L/R
2. Backward single leg hop - L/R
3. Forward double leg hop
4. Backward double leg hop
5. Crouched Walk - forward/backward

### ***General Strength and Mobility (YouTube video - see SAM Phase 2 Easy for most of this)***

1. Prone Plank x 20 sec
2. Side Plank x 20 sec
3. Supine Plank x 10 sec
4. Single Leg Bridge x 6
5. Clams x 8
6. Reverse Clams x 8
7. Reverse Air Clams x 8
8. Lateral Leg Raise x 8 (toes in, neutral, and out)
9. Donkey Kicks x 8
10. Donkey Whips x 8
11. Fire Hydrants x 8
12. Knee Circles Forward x 8
13. Knee Circles Backward x 8
14. Lower Body Crawl x 10
15. Iron Cross x 10
16. Australian Crawl x 10
17. Iron Cross x 10
18. Groiners x 20
19. Cat-Cow x 5 cycles

***Now hydrate and fuel!***

# Orange Progression - Pre-Run and Post-Run

## Hard Day - Pre-Run

*Jeff Boelé Warm-Up (Jeff Boelé video)*

## Post-Run

**NOTE: Go right into this work form the workout or long run!**

**Lower body circuit - go through this with little or no breaks between the exercises**

1. Wide Outs x 10
2. Mountain Climbers - Singles In x 10
3. Wave Lunge x 10
4. Mountain Climbers - Singles Out x 10
5. Front Lunge x 10 (5 each side)
6. Front Lunge with twist x 10 (5 each side)
7. Side (lateral) Lunge x 10 (5 each side)
8. Back and to the side Lunge x 10 (5 each side)
9. Backwards Lunge x 10 (5 each side)

**Now go immediately into Core X - 30 seconds for each exercises, no breaks.**

1. Running V-Sits
2. Australian Crawl
3. V-Sit Flutter Kicks
4. Side Plank Leg Lift
5. Supine Plank
6. Side Plank Leg Lift (other side)
7. Superman
8. Push-up to Side Plank
9. V-Sit Scissor Kicks
10. Rockies

**Now you can get a bit of water and take a 60-90 second break.**

**General Strength and Mobility (YouTube video - see SAM Phase 2 Hard, the middle part of the video to the end of the video for most of this)**

1. Bird Dog x 5
2. Clams x 8
3. Reverse Clams x 8
4. Reverse Air Clams x 8
5. Lateral Leg Raise x 8 (toes in, neutral, and out)
6. Donkey Kicks x 8
7. Donkey Whips x 8
8. Fire Hydrants x 8
9. Knee Circles Forward x 8
10. Knee Circles Backward x 8
11. Iron Cross x 10
12. Groiners x 20
13. Iron Cross x 10
- 14. Cat-Cow x 5 cycles**

### **Barefoot #1 Routine (Jeff Boelé video)**

This can be done on grass/turf/sand. Don't do it on the track at this time. Today, go 6-8 meters on all of these.

1. Forward walk
2. Backward walk
3. Toes in walk
4. Toes out walk
5. Outside of foot walk
6. Inside of foot walk
7. Heel Walk

### **Barefoot #3 Routine x 0.5 (Jeff Boelé video)**

1. Straight leg, spell alphabet - L/R
2. Toe grab - pull forward with toes and move forward x 10
3. Squatting calf raises - in 90° squat position, then raise heels x 5
4. Side foot half raises - L/R, on lateral side of foot x 5 each foot
5. Everted to squat - toes pointed out, on toes, squat x 5m
6. Toe Lunge Walk - lunge while staying on toes x 5m