

Red Progression - Pre-Run and Post-Run

Red 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

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)
- (Note: if you can't do the dribbles, you can practice by walking them.)

Post-Run

Big 5

1. 5 push-ups, followed by 5 body squats
 2. 4 push-ups, followed by 4 body squats.
- Repeat 3/2, 2/2, 1/1.

General Strength and Mobility (YouTube video - see SAM Phase 1 Easy for most of this)

1. Prone Plank x 10 sec
2. Side Plank x 10 sec
3. Prone Plank x 10 sec
4. Double Hip Bridge x 6
5. Clams x 5
6. Reverse Clams x 5
7. Reverse Air Clams x 5
8. Lateral Leg Raise x 6 (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. Cat-Cow x 5 cycles

Now hydrate and fuel!

Red Progression - Pre-Run and Post-Run

Red Progression - Hard Day

Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

Post-Run

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 (5each side)
5. Backward Lunge x 10 (5 each side)

***General Strength and Mobility (YouTube video
- see SAM Phase 1 Easy for most of this)***

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

***Great Day!
Now hydrate and fuel!***