**Part 1 – Stretch out / Hip Exercises**

See document for pictures on all of these -http://howardtf.wikispaces.com/file/view/Rehab%20IT%20Band.pdf/577075267/Rehab%20IT%20Band.pdf

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| Exercise | M | T | W | TH | F | S |
| Hip Flexor Stretch 3 x 20sec both legs |  |  |  |  |  |  |
| Abductor 2 x 20 sec each leg |  |  |  |  |  |  |
| Quads 2 x 20 sec each leg |  |  |  |  |  |  |
| Hamstring 2 x 20 sec each leg |  |  |  |  |  |  |
| Dynamic Hamstring 2 x 20 sec each leg |  |  |  |  |  |  |
| Side lying ITB Stretch 2 x 20 sec each leg |  |  |  |  |  |  |
| C stretch 2 x 20 sec each leg |  |  |  |  |  |  |
| Glute 2 x 20 sec each leg |  |  |  |  |  |  |
| Straight leg raise in all 4 directions (10 raises) |  |  |  |  |  |  |
| Hip Abduction with foot rotated (10 rasies) |  |  |  |  |  |  |
| Fire Hydrant (10 each leg) |  |  |  |  |  |  |
| Hip Circles (10 each leg) |  |  |  |  |  |  |
| Squats / side leg out / Alternate (20 squats – 10 abductors each leg) |  |  |  |  |  |  |
| Side lying bicycle 2 x 20 sec each leg |  |  |  |  |  |  |
| Lunges (20 total) |  |  |  |  |  |  |

**Part 2 – Forefoot Striking Drills**

Watch Video - <https://www.youtube.com/watch?v=c5sc9UlcK64>

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| Exercise | M | T | W | TH | F | S |
| Short, in place hops (2 x 20sec) |  |  |  |  |  |  |
| Stand on one leg, bring opposite knee up and hold for 3 seconds (10 x each leg) |  |  |  |  |  |  |
| Same as above but jumping / quicker – landing on forefoot (Slow high knees in place) 10 x each leg |  |  |  |  |  |  |
| Bring right knee up 5 times in a row, bringing it back down in forefoot position, left foot in forefoot. Switch after 5 (20 total, 10 each leg) |  |  |  |  |  |  |
| Similar to #1 but move feet back and forth, kinda like dancing, in forefoot pos. (2 x 20sec) |  |  |  |  |  |  |
| High Knees in place (2 x 20sec) |  |  |  |  |  |  |
| Slow A skip, holding knee up for a sec (2 x 30Meters) |  |  |  |  |  |  |
| Regular A skip (2 x 30 Meters) |  |  |  |  |  |  |
| One legged A skip / Switch legs going back(2 x 30m) |  |  |  |  |  |  |
| With partner holding shoulders lean forward slow high knees. (10 each leg) |  |  |  |  |  |  |
| Backwards walking / running (4 x 30m (2 walk 2 run)) |  |  |  |  |  |  |
| On one foot (Other foot bent back) get in forefoot position behind a line on the track, jump over the line landing in forefoot and jump back landing on forefoot for 30 sec, then switch. Repeat 3 times on each leg  <http://www.kinetic-revolution.com/conditioning-exercises-for-midfootforefoot-running/> |  |  |  |  |  |  |

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| --- | --- |
| Days of the week | How many minutes? (Goal is 40-60+) |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |

**Part 3 – Cross-Training**

**Options**

* Bike
* Elliptical
* Gravity Run
* Row Machine
* Swimming
* Anything is fine as long as it

raises heart rate and doesn’t put stress on your shins

**Part 4 – Calf Exercises and stretches / Icing**

1) Duck Walks and Toe Walks – 3 x 50m of each

2) Calf Raises (outward heels) 3 x 20

3) Calf Raises on a step, stepping up then slowly bringing the heel down, below the step.

3 x 15 both legs at same time

2 x 15 one leg at a time

5) In a sitting position, trace the alphabet on the floor with your toes. Do this with each leg

6) When sitting in a chair or while in class tap your feet for about 1-2mins. Once you start to feel tightening, stop tapping, rest for a min and repeat. Do this 3 times

7) If you have a foam roller, roll out your calves and Achilles to relieve tension on the shins.

9) 5) 12 min Ice cup massage (Freeze Dixie cups and tear away some of the cup to use as a ice massage.) If you don’t have ice cup then ice normally.

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| Exercise | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Duck Walk |  |  |  |  |  |  |  |
| Toe Walk |  |  |  |  |  |  |  |
| C R Heel Out |  |  |  |  |  |  |  |
| C R 2 Leg |  |  |  |  |  |  |  |
| C R 1 Leg |  |  |  |  |  |  |  |
| Alphabet |  |  |  |  |  |  |  |
| Feet Tap |  |  |  |  |  |  |  |
| Foam Roll |  |  |  |  |  |  |  |
| Iced |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |