**\*\*Core\*\***

**30 seconds per exercise, pick your favorites, switch quickly between, 3:00 straight building to 7:00 straight by the end of the training block! Follow the progression on your training plan!**

1. **V-sit flutter kicks**
2. **Front plank**
3. **Side plank (w/leg lift when it becomes easier)**
4. **Reverse plank (w/leg lift when it becomes easier)**
5. **Spiderman plank**
6. **V-sit scissor kicks**
7. **Cross-crunches**
8. **Penguins**
9. **Feel free to add your favorite(s)!**

**\*\*Active Isolated Stretches (post run)\*\***

**1. (Hip Flexors)-Laying on back, single knee to chest, holding for a “2” count, back down. Breathe out on the way up, and in on the way down. 10 reps each side. Spend more time on one side if it is tighter.**

**2. (Hamstring)-Stay lying on back, both hands holding the leg (one leg at a time) behind the knee and bring the foot toward you, flexing the quad for a “2” count, then releasing. 10 reps each side. Spend more time on one side if it is tighter.**

**3. (Glutes)-Stay lying on back, single knee to opposite shoulder by holding outer quad and shin. Hold for a “2” count, 10 repetitions. Spend more time on one side if it is tighter.**

**4. (Quads)-Laying on your side, get into the fetal position. Wrap your lower hand around the arch of the foot that is on bottom. With the other hand, grab around your ankle and pull your foot back, keeping the knee low. Hold for a count of “2” for 10 reps. Spend more time on one side if it is tighter.**

**\*\*Mobility A (Tuesday)/Mobility B (Thursday)\*\***

**Please visit the following link for a detailed video of all of the exercises:**

[**https://www.youtube.com/watch?v=WeQDkweKlJ8&t=196s**](about:blank)

**Feel free to do your favorites anytime during the week that you feel you need them!**