***Blue Progression - Pre-Run and Post-Run***

***Blue Progression Easy Day - Pre-Run***

1. Low skips forward
2. Low skips backward
3. Skip for height
4. Backward lunge w/reach
5. Forward lunge w/twist
6. High Knees
7. Butt kicks
8. Side shuffling - down and back
9. Carioca - down and back
10. Quick skip - single leg left
11. Quick skip - single leg right

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. Side bends x 10

Move to ground

1. Cat-cobra x 5 cycles
2. RDL’s x 5
3. Fire Hydrant x 8 each side
4. Donkey kick x 8 each side
5. Low whips x 8 each side

Go to track/field for Sprint Mechanics

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

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

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

*The following are done for 10m*

1. Forward single-leg hop - L/R
2. Backward single-leg hop - L/R
3. Crouched walk - forward/backward

***General Strength and Mobility***

1. Core Complex  
2. Plank with Arm Extension x 5  
3. Supine Plank with Alternate Leg Lifts x 5

4. V-Sit Alternating Bent Knee x 5

5. Squat with Arm Extensions x 10

6. Double Hip Bridge x 10  
7. Clams x 8

8. Lateral Leg Raise x 8

9. Leg Extensions: Forward and Back x 5 (forward, back = 1 rep)

10. Leg Extension at 45o: Forward and Back x 5 (forward, back = 1 rep)

11. Iron Cross x 10  
12. Knee to Chest Extension x 5  
13. Leg Raise to 90o with Bent Knee x 5  
14. Groiners x 10  
15. Fire Hydrants x 10  
16. Knee Circles Forward x 5  
17. Knee Circles Backward x 5  
18. Bent Knee Leg Extension x 5  
19. In and Out Leg Extension with Bent Knee x 5

***Now hydrate and fuel!!!***