***Blue Progression - Post-Run Hard Day***

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

1. Wide Outs x 10
2. Mountain Climbers x 20
3. Lateral Lunge x 10
4. Speed Skaters x 10
5. Wave Lunge x 10
6. Front Lunge x 10 (5 each side)
7. Backwards Lunge x 10 (5 each side)
8. RDL’s x 10 (5 each side)
9. Back and to the side Lunge x 10 (5 each side)
10. Log jumps

***Now go immediately into Core, 30 seconds for each exercise, no breaks.***

1. Running V-Sits
2. Swimmers
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. Pushup w/a clap

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

***General Strength and Mobility***

1. Bird Dog x 5
2. Clams x 8
3. Lateral Leg Raise x 8 (toes in, neutral, & out)
4. Inch Worms with Push-Ups x 5
5. Single Hip Bridge x 10 each leg
6. Bridge with Heel Walks x 5
7. Iron Cross x 10
8. Knee to Chest Extension x 5 each leg
9. Leg Raise with Bent Knee x 5 each leg
10. Groiners x 10
11. Fire Hydrants x 10

***Now you can take another water break, then do the barefoot work on the next page.***

***Blue Progression - Post-Run Hard Day***

***Barefoot routine: 10m***

-Forward walk

-Backward walk

-Toes in walk

-Toes out walk

-Outside of foot walk

-Inside of foot walk

-Heel Walk

-Straight leg, spell alphabet - L/R

-Side foot half raises - L/R, on lateral side of

foot x 5

-Toe Lunge Walk