**White Progression - Pre-Run and Post-Run**

***White Progression - Easy Day***

**Pre-Run**

**Leg Swings Routine:**

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. Bent-knee Side to Side x 10

6. Bent-knee forward-backward x 10

**Post-Run**

**Mini-Band Routine:**

1. Big Steps x 4 (forward/backward)

2. Monster Walk x 4 (forward/backward)

3. Lateral step x 4 (down and back - band at

ankle)

4. Half squat lateral step x 4 (down back - band

at thigh)

**General Strength and Mobility**

**1. Core Complex**

**2. Double Hip Bridge x 6**

**3. Clams x 5**

**4. Butterfly Stretches**

**5. Donkey Kicks x 8**

**6. Donkey Whips x 8**

**7. Fire Hydrants x 8**

**8. Sprinter Sit-ups**