

NURVV | RUN
Exercise Plan



**IMPROVING
CADENCE:
ADVANCED
SESSION 1**

Improving Cadence

ADVANCED SESSION 1

Muscle
Activation

Drills

Fundamental
Movements

Plyometrics

Stretching

Muscle Activation

Controlled leg swings

SETS: 1 REPS: 15 (each leg)



MOVEMENT: • stand straight • feet under the hips • flex one foot and swing it forward and back • keep the knee straight • don't rotate your hip out as the leg swings back • lift the leg high to match hip level

TIP: • hold on to something for extra balance

PROGRESSION: Add a 'side to side' swing

Muscle Activation

Hip opener (hurdles)

SETS: 1 REPS: 15 (each leg)



MOVEMENT: • stand upright • feet close together • bend and lift one knee to hip height • flex the same foot • slowly bring that knee and foot out • then drop the foot to the ground • then lift the foot and knee back up to the front • keep drawing 'circles' with that leg • change sides

TIP: • go slow to ensure a good balance throughout the exercise

PROGRESSION: After 15 reps, add another set with reversed movement - start the exercise with the knee back and move it towards the front

Drills

High Knees

SETS: 2

(Perform for 20-30 meters then walk back to the start)



MOVEMENT: • stand tall • feet under hips • bring one knee up to hip height • drive the foot down and let it spring back up off the ground • swing and drive your opposite arm upwards as your knee comes up • keep the core engaged to stay upright • alternate your legs fast

TIP: • stay tall • keep the core engaged • create momentum with arm motion • drive your body up as the knee is being lifted

Drills

High knees & kick

SETS: 2

(Perform for 20-30 meters then walk back to the start)



MOVEMENT: • stand tall • drive one knee up • kick it out in front of you (waist height) • the 'kick' is simply a leg extension which will dynamically stretch the hamstring • bring it down to the ground • as the leg comes down, join your back leg and touch the ground

TIP: • stay upright throughout the exercise • keep the core engaged • move your arms to drive your body up as you take each step

Drills

Heel to butt

SETS: 2

(Perform for 20-30 meters then walk back to the start)



MOVEMENT: • take small steps • quickly lift one foot to your glutes, or just under • bring it straight down again • pull your heels up keeping the knee flexed • lift the heel and toe up throughout the drill

TIP: • place both hands on your butt or use the same arm motion as you use while running

Drills

Fast feet

SETS: 2

(Perform for 20-30 meters then walk back to the start)



MOVEMENT: • stand tall • move forward taking very fast and small steps • during each step, land on the balls of your feet • starting at the toe, push the foot down • heel should barely touch the ground • always rely on the ball of your feet to take the next step

TIP: • start slow • gradually pick up the pace • keep your cadence high

Fundamental Movements

Split squats

SETS: 2 REPS: 10 (each leg)



MOVEMENT: • stand straight • feet under hips • walk back with one leg and place it on a box/bench placed behind you • place the front knee directly above your ankle • keep the back leg straight to start with • slowly drop down and lift up to starting position • straighten both legs

TIP: • place your hands on the hips or in front of your chest to promote balance

PROGRESSION: Use hand weights/kettlebells to increase load and difficulty.

Fundamental Movements

Single leg deadlifts

SETS: 2 REPS: 8 (each leg)



MOVEMENT: • stand tall • start leaning forward • lift one leg straight back • support only on the other leg • bring the back leg as high as you can (while keeping it straight) • simultaneously, bring your torso down to hip level • keep your back straight • hold, then slowly lift back up to standing • control your balance throughout the exercise

TIP: • arms straight and perpendicular to the ground • when comfortable with the movement, extend the arms over head

PROGRESSION: Use hand weights/kettlebells to increase load and difficulty (bend the elbows and keep by the waist).

Fundamental Movements

Resistance band squats

SETS: 2 REPS: 15



MOVEMENT: • stand tall with your feet hip-width apart • place a resistance band around both thighs • slowly drop down bending both knees and 'sit back' • extend both arms forward and bring the hands in front of your chest • keep your bent knees above your feet (behind toes) • keep the back straight • look up as you squat down

PROGRESSION: Gradually add external load – ideally kettlebells and hold them by your chest- to increase difficulty.

Fundamental Movements

Low/high plank

SETS: 2 HOLD: 30-45



MOVEMENT: • get into a plank position • place your hands under the shoulders (arms straight) or balance on forearms (elbows below the shoulders) • feet hip-width apart • keep the back flat • drop hips down to shoulder level • look down to keep head and neck in a neutral position • hold

TIP: • drive your arms into the floor • bring the shoulder blades together • squeeze your quads, glutes, and core

Plyometrics

Basic box jumps

SETS: 2 REPS: 12



MOVEMENT: • stand in front of a box/bench • feet under the hips
• arms bent and in front of you • drop down to a squat • drive the arms up and start extending your legs • push off with both feet • jump up • land softly on the surface • keep knees bent and butt back
• keep knees in line with feet and behind toes • upon landing, continue into a deep squat • hold squat for 2 seconds • drop down and start again

TIP: • don't be too far from the surface you will be jumping onto • try landing flat

Plyometrics

Explosive step ups

SETS: 1 REPS: 8 (each leg)



MOVEMENT: • stand in front of a box/bench • place your right foot on the box/bench • ensure that the knee is above the ankle • explosively extend the hip, knee and ankle on that side • drive body up as high as possible while driving left knee up • keep driving the left knee up • bring it all the way to hip level • hold, then step down • repeat

Plyometrics

Single leg hop square

SETS: 2 REPS: 6 (each leg)



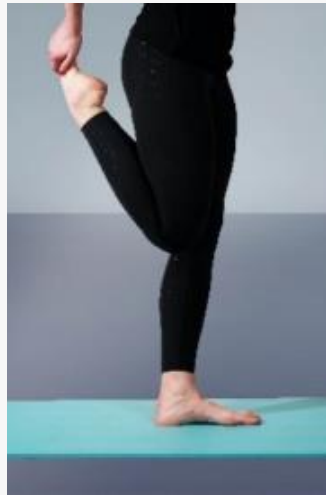
MOVEMENT: • imagine a square in front of you or have something that you can jump around • lift one foot, bend the knee and place it behind you • balance on the supporting leg • start hopping • hop to each of the four corners of 'your' square • hop back to the middle before proceeding to the next corner • switch legs between sets • 1 rep = 1 full circle

TIP: • start with your hands on your waist • keep both arms in the air on both sides of the body • avoid looking down too frequently

Stretching

Quadricep stretch

SETS: 1 HOLD: 30sec (each leg)



MOVEMENT: • start in a standing position • hold onto a wall/chair with one hand to promote balance • bend one knee back and grasp that foot with one hand • bring the heel as close to your butt as possible • move the knee back and hold • then pull the foot and leg back even more

TIP: • tuck your tailbone under • push your hips forward to deepen the stretch • ensure that the back knee is bent • brush the knees together

Stretching

Spiderman rotations

SETS: 1 REPS: 5 (each leg)



MOVEMENT: • start in a high plank (with arms straight) • bring one foot close to the hand on the same side • drop the back knee down onto the floor • lift torso up and extend the arm that is closer to the front knee • rotate towards the front knee • hold that position for 3 sec • bring the hand down • move the foot back to meet the other • repeat the exercise for the other side

TIP: • to increase the difficulty of this exercise, lift the back knee off the floor or hold in this position for longer (5-10sec)

Stretching

Glute stretch (Pigeon)

SETS: 1 HOLD: 30sec (each leg)



MOVEMENT: • start on 'all fours' • bring one leg forward • bend the front knee as if you were going to step into a lunge • slowly lower that knee and bring it to the floor • place the shin on the ground and bring the foot towards the opposite groin (45-degrees) • extend your back leg • keep the chest up

TIP: • drop the hips as much as possible • ensure the back leg is straight, with knee touching the ground • keep both hands on the floor in front of you