

NURVV | RUN
Exercise Plan



**IMPROVING
CADENCE:
ADVANCED
SESSION 2**

Improving Cadence: ADVANCED SESSION 2

Muscle
Activation

Drills

Fundamental
Movements

Plyometrics

Stretching

Muscle Activation

Controlled leg swings

SETS: 1 REPS: 15 (each leg)



MOVEMENT: • stand tall • 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: 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 and 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 • now alternate and perform for the other side

TIP: • stay upright • 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: • start in standing • move forward taking small steps
• quickly lift one foot to your glutes, or just under • pull your heels up keeping the knee flexed • bring it straight down again • 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 • heels 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

Single leg deadlifts

SETS: 1 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

Pistol Squats

SETS: 2 REPS: 8 (each leg)



MOVEMENT: • stand tall in front of a box/bench • feet together, arms straight alongside the body • extend one leg in front of you • hover the heel off the floor • start lifting the leg in front and extend both arms in front of you • bend your standing leg and lower your body to 'sit' on the box/bench • try to keep your extended leg parallel to the ground • straighten your standing leg to return upright

TIP: • use a high surface behind you to make the movement easier

PROGRESSION: Use a lower surface behind you or try getting rid of it completely.

Fundamental Movements

Single leg glute bridges

SETS: 1 REPS: 15 (each leg)



MOVEMENT: • lay on your back • feet hip-width apart • push your hips up as much as you can • slowly lift one leg straight up • keep the knees touching • push both hips up and down • keep the leg lifted at all times • ensure the back is straight as you lift your hips • keep the arms on the ground to promote balance

TIP: • keep the glutes squeezed • maintain a straight line between your shoulders, hips and lifted foot

Fundamental Movements

High/low plank

SETS: 1 HOLD: 15-20 sec



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 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

Frontal double leg jumps

SETS: 3 REPS: 12



MOVEMENT: • stand tall with your feet hip-width apart • bend your knees and drop down • push your chest forward and move the arms back • start driving the arms forward and up • push off the ground • jump upwards and forward as far as you can • use both feet to push off and for landing • jump again as soon as you land

TIP: • drive your arms as high as you can to achieve good jump height

Plyometrics

Basic box jumps

SETS: 2 REPS: 10



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

Jumping lunges

SETS: 2 REPS: 12 (alternate leg)



MOVEMENT: • stand tall with feet together • step back with one foot and drop down (back knee under hips) • keep that foot on toes • move the other leg forward • place the front foot under the front knee • keep the back knee off the ground • now start jumping, driving your arms up and pushing through both feet • when in the air, switch legs • land with opposite leg in the front and in the back • hold to balance and repeat the exercise alternating legs during each set

TIP: • land softly on a flat foot • keep the arms on the hips or in front of your chest

Stretching

Hamstring stretch

SETS: 1 HOLD: 30sec (each leg)



MOVEMENT: • sit down with one leg out straight • bend the other leg
• place that foot against opposite inner thigh, by the groin • extend your arms
• reach forward over the straight leg • bend at the waist • keep your head as low as possible • try reaching the foot with both hands

TIP: • keep the front leg straight • knee as close to the floor as possible
• lean forward to enhance the stretch

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