

NURVV | RUN
Exercise Plan



**IMPROVING
CADENCE:
BEGINNER
SESSION 2**

Improving Cadence BEGINNER SESSION 2

Muscle
Activation

Drills

Fundamental
Movements

Plyometrics

Stretching

Muscle Activation

Controlled leg swings

SETS: 1 REPS: 10 (each leg)



MOVEMENT: • standing position • 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 bring one knee to hip height • flex the same foot • bring that knee out • slowly bring the foot to the ground • left the foot and knee back to the front

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: 1

(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 at all times • create momentum with arm motion • drive your body up as the knee is being lifted

Drills

High Knees & kick

SETS: 1

(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: 1

(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: 1

(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: 1 REPS: 15 (each leg)



MOVEMENT: • stand straight • feet under hips • walk back with one leg and place your foot 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 bending the front knee • hold and lift back up to starting position • straighten both legs as you lift up • repeat the movement

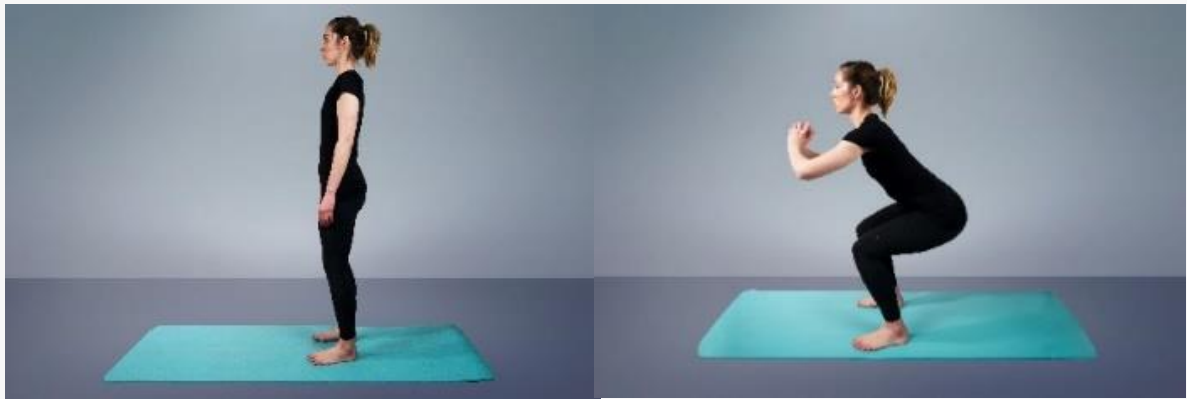
TIP: • place hands on your hips or in front of your chest to promote balance

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

Fundamental Movements

Squats

SETS: 2 REPS: 8



MOVEMENT: • start in standing • keep feet in a wide stance (wider than the hips) • extend arms forward and bring hands in front of the chest • bend the knees down to a deep squat and 'sit back' • keep your knees behind your toes • ensure the back straight • keep the weight on your heels as you drop down

TIP: • as you drop down, look up

PROGRESSION: gradually add external load – ideally kettlebells which you will hold by your chest- to increase difficulty.

Fundamental Movements

Glute bridges

SETS: 2 REPS: 12



MOVEMENT: • lay down on your back • place both feet under the knees, hip-width apart • slowly start pushing your hips up • squeeze your glutes at the same time • keep the hips up and hold • drop down to the starting position • repeat

TIP: • keep your back straight as you lift your hips • arms resting on the ground

PROGRESSION: Use a resistance band. Simply place it around your thighs and push the knees out.

Fundamental Movements

High/low* plank

SETS: 2 HOLD: 30



MOVEMENT: • get into a plank position with your arms straight • feet hip-width apart • keep the back flat • lower the hips so that they are in line with your shoulders • head and neck in a neutral position (look down) • hold

TIP: • place your hands under the shoulders • drive your arms into the floor • bring shoulder blades together • keep your quads, glutes, and core squeezed

PROGRESSION: *Perform this exercise with forearms on the ground right underneath your shoulders to increase difficulty.

Plyometrics

Frontal double leg jumps

SETS: 2 REPS: 8



MOVEMENT: • stand tall with your feet together • bend your knees and drop down • push your chest forward and move the arms back • drive your 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: 8



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

TIP: • do not too far from the surface you will be jumping onto • try lading flat on the whole foot

Plyometrics

Vertical standing jumps

SETS: 2 REPS: 8



MOVEMENT: • stand straight • feet slightly wider than hip-width apart • drop down to a squat position • bend your arms and keep them by your waist • now start extending the legs, push off from the ground and drive up • swing your arms up • reach for the sky • jump as high as you can • upon landing, bend your knees slightly and drive your hips back into a squat position • lower the arms • bring elbows by the waist

TIP: • start in a 'semi' squat position, rather than a deep squat to make the exercise easier

Stretching

Spiderman Rotations

SETS: 1 REPS: 5 (each leg)



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

SETS: 1 HOLD: 30sec (each leg)



MOVEMENT: • lay on your back • bend both knees • legs parallel to the floor • grab one knee towards the chest • place the ankle of that leg onto the other thigh (below opposite knee) • place both hands around the back of that thigh • bring both legs closer to your chest • hold the stretch

TIP: • tuck the tailbone under • avoid any 'gaps' under the lower back

Stretching

ITB stretch with elastic band

SETS: 1 HOLD: 30sec (each leg)



MOVEMENT: • lay down • place an elastic band around your right foot (across the midfoot) • bring that right leg straight up • stretch the band • hold the other end with both hands • start moving the lifted leg across your body • feel a stretch on your outer thigh • hold for 30 secs

TIP: • increase the IT band stretch by turning your foot inwards
• keep the hips flat on the mat at all times