

NURVV | RUN
Exercise Plan



**IMPROVING STEP
LENGTH:
ADVANCED
SESSION 1**

Improving Step length 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

Muscle Activation

Side to side lunges

SETS: 2 REPS: 12 (alternate legs)



MOVEMENT: • stand tall • feet wider than hip-width • place both hands on the hips • slowly start bending one knee and shift your weight towards that side • lower down into a side lunge • push that hip out to the side • keep the knee above the ankle • lift up, shift the weight over to the centre of your body • now bend the other knee and lunge to the other side

TIP: • as you drop down on one side, keep the opposite leg extended and straight • keep the chest upright • look up • back straight

Drills

Power skip for heights

SETS: 2

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



MOVEMENT: • stand tall • feet under hips • arms relaxed by the waist
• now bend and lift one knee • lead with that leg up raising your knee to hip height • extend the opposite arm straight overhead • push off dynamically of the supporting foot and jump up • reach for the sky
• keep the bottom leg straight • as you drive up, keep the other elbow slightly bent at your side • land on the ball of your foot • repeat for the other side

TIP: • keep the back straight • look up at all times

Drills

Double leg hops

SETS: 2

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



MOVEMENT: • stand straight • feet close together • lift both heels of the ground • begin to hop in place, focus on pushing off and landing on the forefoot • break contact with the ground as little as possible • keep the arms bent and on the sides of your body • use them to drive yourself up • start moving forward with very short steps

TIP: • ensure the drill is quick and dynamic • land on the ball of your feet with each hop

Drills

Straight leg bounds

SETS: 2

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



MOVEMENT: • stand tall • feet under hips • keep the torso upright
• back straight • now start moving your legs to mimic 'scissors' motion
• propel or "pull" them forward • try landing the foot flat on the ground with each step • simultaneously, bend the arms at the elbow
• swing vigorously from the shoulders as you take each step

TIP: • keep both legs straight • try lifting them as high as you can
• alternate between steps

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.

Fundamental Movements

Straight leg kickbacks (with resistance band)

SETS: 2 REPS: 8 (each leg)



MOVEMENT: • start on 'all fours' • hips squared and facing the ground
• place the band around one thigh (just over the knee) and the arch of the opposite foot • flex both feet and tuck the toes under • point the toes of the foot with a band • extend that leg back and stretch the band out • kickback as far as you can • bring the back foot up to the hip level • slowly bring that leg in to meet the other (knee under hip)
• repeat, then swap sides

TIP: • adjust band resistance to modify difficulty • ensure the movement is slow to aid control over the movement

Plyometrics

Bounding

SETS: 2 REPS: 8



MOVEMENT:

- stand tall
- from a standing position, start driving one leg up and leap off pushing through the supporting leg and foot
- propel your body forward as far as you can
- try landing flat on your foot
- as soon as you land, immediately explode into the next bound
- use the opposite arm to create driving force to move forward

TIP:

- driving your knee up as you initiate the jump
- push off generating a lot of power through each foot

Plyometrics

Basic box jumps

SETS: 2 REPS: 8



MOVEMENT: • stand in front of a box/bench • keep feet under the hips • arms bent • drop down to a squat • drive the arms up and push through both feet to 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: • don't be too far from the surface you will be jumping onto
• try landing flat

Plyometrics

Single leg hops

SETS: 2 REPS: 8 (each leg)



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

Depth jumps

SETS: 2 REPS: 8



MOVEMENT: • step onto a box/bench • don't hop off it, but step off with one foot first, then the other • land softly with both feet on the ground • drop down • upon landing, immediately jump up • use your knees and feet to drive your body up • explode up as high as you can into a vertical jump by extending the knees and pushing through both feet

TIP: • use your arms to add explosiveness to the movement

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 (piriformis)

SETS: 1 HOLD: 30sec (each leg)



MOVEMENT: • lay on your back • bend both knees to 'tabletop', parallel to the floor • bring 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 towards 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