

NURVV | RUN
Exercise Plan



**IMPROVING STEP
LENGTH:
ADVANCED
SESSION 2**

Improving Step length ADVANCED SESSION 2

Muscle
Activation

Drills

Fundamental
Movements

Plyometrics

Stretching

Muscle Activation

Controlled leg swings

SETS: 1 REPS: 15 (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 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 lunge

SETS: 1 REPS: 20 (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

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

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

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 (bend the elbows and keep by the waist).

Fundamental Movements

Clams with resistance band

SETS: 2 REPS: 12 (each leg)



Movement: • lay down on one side • place a resistance band around your thighs • stack the legs on top of each other • bend the knees in 45-degree angle • use your lower arm for support and top arm to steady your frame • stack the hipbones on top of one another • pull your belly button in • keeping your feet touching, slowly raise your upper knee up • keep the lower leg on the ground • don't rotate your hips or pelvis • pause, and slowly drop the upper leg • repeat

TIP: Adjust the band resistance to modify difficulty

Fundamental Movements

Plank jumps with resistance band

SETS: 1 REPS: 10



MOVEMENT: • start on 'all fours' • place the resistance band around your thighs or ankles • get into a high/forearm plank • jack both legs out to your sides (wider than hips) • engage your core and glutes • keep the hips low • dynamically, bring feet together • keep alternating between 'jacking out' and 'in' within the set

TIP: • always maintain a quick movement change • keep tension in the core • if too challenging, start with stepping your feet out to the sides

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

Skater lunges

SETS: 2 REPS: 8 (alternate legs)



MOVEMENT: • stand straight with feet hip-width apart • hands together in front of your chest • now step to your right, pushing off on your left foot • swing your left foot back and behind the outside of your right foot • lower your body until your right thigh is parallel to the floor • hold a 'curtesy lunge' position (image) • repeat the movement for your left, stepping out to the side and pushing off with your right foot

TIP: • add an arm movement – sweep them across your body as you land softly on your right foot and left foot

Plyometrics

Vertical standing jumps

SETS: 2 REPS: 8



MOVEMENT: • stand straight • feet shoulder-width apart
• drop down to a squat position • bend your arms and keep them by your waist • push off from the ground • swing your arms forward and drive them up to create momentum • jump as high as you can
• lift your arms over your head • upon landing, bend your knees slightly and drive your hips back into a squat position • lower the arms and keep by the waist

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

Stretching

Spiderman hip stretch

SETS: 1 HOLD: 30sec (each leg)



MOVEMENT: • start in a plank position • place the hands under the shoulders • feet together, legs fully extended • step forward with one leg to the outside of one hand (same side) • place the foot under the front knee • hold the stretch for 30sec • drop the hips low • return to the starting position and continue the exercise for the other leg

TIP: • keep the back knee straight and lifted off the floor

Stretching

Frog pose

SETS: 1 HOLD: 30sec



MOVEMENT: • start on 'all fours' • open the knees wide • keep the knees parallel to the hips • open your feet wider than your knees • flex both feet and point your toes outwards • keep your back flat and arms in front • hands below the shoulders • tuck your tailbone under • lower the hips • hold the stretch

TIP: • drop on your forearm and bring the feet together to increase the magnitude of the stretch

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