

**NURVV | RUN**  
**Exercise Plan**



**IMPROVING STEP  
LENGTH:  
BEGINNER  
SESSION 1**

## Improving Step length

### BEGINNER SESSION 1

Muscle Activation	Drills	Fundamental Movements	Plyometrics	Stretching
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#### 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

## 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

## Muscle Activation

### Squat stretch

SETS: 1 HOLD: 15-20sec



**MOVEMENT:** • go into a low squat position • slowly bring the palms together in front of your chest • bring both elbows to the knees • press the elbows against each knee • use the arms to deepen the stretch in the hips • hold

**TIP:** • modify by placing your hands on the floor rather than on the sides of the knees to make the exercise easier

## 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

### Double leg hops

SETS: 1

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



**MOVEMENT:** • stand straight • feet close together • raise both heels off the ground • begin to hop in place • break contact with the ground as little as possible • push off and land on the forefoot • 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 • try landing on the ball of your feet

## Drills

### Straight leg bounds

SETS: 1

(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

### Lunges (walking/ on the spot)

SETS: 2 REPS: 8 (alternate leg)



**MOVEMENT:** • stand tall • feet parallel, hip-width apart • step forward with one foot • drop the hips down as low as possible • keep the front knee above the ankle (behind the toes) • lift the back knee off the ground • keep the trunk upright as you go down • go back to the starting position • repeat for opposite leg and keep alternating legs within each set

**TIP:** • place both hands on your waist or keep them in front of you to promote balance

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



## Fundamental Movements

### Side – lying leg lifts

SETS: 2 REPS: 8 (each leg)



**MOVEMENT:** • lay on one side • extend and stack legs on top of each other • place your lower arm on the floor • bring the upper hand on your top hip • bring your top leg in front of your body (90-degree angle) • slowly lift it up to the ceiling • keep your hips stacked • do not rotate your pelvis as you lift your upper leg

**TIP:** • keep the knee straight • slowly lower the leg down and repeat

## Fundamental Movements

### Clams

**SETS: 2 REPS: 8 (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

## Plyometrics

### Bounding

SETS: 2 REPS: 12



**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

### Frontal double leg jumps

SETS: 1 REPS: 8



**MOVEMENT:** • stand tall • feet together • now drop your body down  
• push your chest forward and move the arms back • drive your arms forward and up • start pushing off the ground • jump upwards and forward as far as you can • use both feet to push off and for landing  
• as soon as you land, jump again

**TIP:** • drive your arms as high as you can to create momentum  
• achieve a good jump height

## Plyometrics

### Single leg lateral jump

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

## Stretching

### 'Knees to chest' stretch

SETS: 1 HOLD: 30sec (each leg)



**MOVEMENT:** • lay on your back • extend both legs • bend one knee and bring it to the chest • grasp your bent knee with both hands • keep the other leg straight (parallel to the floor) • gently pull your bent knee toward your trunk • hold the stretch • then release the leg and switch sides

**TIP:** • while pulling the knees in, keep your legs, pelvis and low back relaxed

## 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

### 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