

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



**IMPROVING STEP  
LENGTH:  
BEGINNER  
SESSION 2**

## Improving Step length

### BEGINNER SESSION 2

Muscle  
Activation

Drills

Fundamental  
Movements

Plyometrics

Stretching

### Muscle Activation

## Controlled leg swings

SETS: 1 REPS: 20



**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: 2 REPS: 15



**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

### Squat stretch

SETS: 2 HOLD: 15sec



**MOVEMENT:** • feet wider than the hips • drop down into a low squat position • bring the palms together in front of your chest • place the elbows on the sides of both knees • gradually press the arms out to push the knees apart • deepen the stretch in the hips (drop even lower) • hold

**TIP:** • modify by placing your hands on the floor to make the exercise easier

## 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

### Lunges (walking/on the spot)

SETS: 2 REPS: 8 (alternate legs)



**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: 10 (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

### 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

## Fundamental Movements

### Low/ high plank

SETS: 2 HOLD: 30-45



**MOVEMENT:** • get into a plank position with your arms straight  
• feet hip-width apart • keep the back flat • ensure a neutral head and neck position (look down) • push through the chest • bring shoulder blades together • hold

**TIP:** • both hands under each shoulder • drive your arms into the floor • keep your quads, glutes, and core squeezed • hips low

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

## Plyometrics

### Broad jumps

SETS: 2 REPS: 6



**MOVEMENT:** • feet shoulder-width apart • bend both knees and drop down • swing your arms back behind your body • push your hips back as you drop into a squat • now swing arms forward • drive your feet into the ground • push hips forward as well as through both feet • explode forward off the ground • jump as far forward as you can • after landing, immediately jump forward again



## Plyometrics

### Single leg lateral jumps

SETS: 2 REPS: 12 (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 • gently pull your bent knee toward your trunk • hold the stretch • now release and switch sides

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

## Stretching

### Spiderman hip stretch

SETS: 1 REPS: 30sec 10 (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