



NURVV | RUN™
Exercise Plan

**IMPROVING
CADENCE:
BEGINNER
SESSION 1**

Improving Cadence BEGINNER SESSION 1

Muscle
Activation

Drills

Fundamental
Movements

Plyometrics

Stretching

Muscle Activation

Controlled leg swings

SETS: 1 REPS: 10 (each leg)



MOVEMENT: • stand straight • feet under 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: 12 (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: Add another set with reversed movement - start the exercise with the knee back and move it towards the front.

Muscle Activation

Lateral resistance band walk

SETS: 1 REPS: 15



MOVEMENT: • feet hip – width apart • place a resistance band just below the knees • bend your knees and drop down to a squat position • start walking out to one side • stretch the resistance band out • walk back in with the other foot to reduce band tension and bring feet closer again • then walk out with one foot again • keep walking ‘in’ and ‘out’ throughout the exercise

TIP: • place the hands on your hips or keep in front of your chest • stay low at all times • keep your back straight

PROGRESSION: Play around with different levels of band resistance to make the exercise more challenging.

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 throughout the exercise • keep the core engaged • 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: • feet under hips • lean forward slightly • start taking small steps to move forward • quickly lift each foot to your glutes, or just under • bring them straight down again • as you pull your heels up, keep the knee and ankle flexed • keep lifting heels and toes up throughout the drill • alternate feet

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: • start in standing • alternate feet to take small and fast steps • during each step, land on the balls of your feet • starting at the toe, push the foot down • ensure that heels barely touch the ground • 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

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

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

Glute bridges

SETS: 2 REPS: 12



MOVEMENT: • lay down on your back • bend your knees and place your feet below the knees • feet hip-width apart • now slowly start pushing your hips up • squeeze your glutes • hold hips up high and hold • slowly drop your hips down to the floor (squeeze glutes throughout) • start again and lift the hips up as high as you can

TIP: • keep the back straight as you lift the hips • arms on the ground to promote balance • lift the toes and support on heels only to increase difficulty

PROGRESSION: Use a resistance band to increase difficulty. Simply place it around your thighs and push the knees out as you lift them.

Fundamental Movements

High/low* plank

SETS: 2 HOLD: 15-20 sec



MOVEMENT: • get into a plank position • place your hands under the shoulders (arms straight) • feet hip-width apart • keep the back flat • drop hips to shoulder level • look down to keep head and neck in a neutral position • hold

TIP: • drive your arms into the floor • bring the shoulder blades together • squeeze your quads, glutes, and core

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 hip-width apart • bend your knees and drop down • push your chest forward and move the arms back • start driving the 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 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

Single leg square hops

SETS: 2 REPS: 6 (each leg)



MOVEMENT: • imagine a square in front of you (or have something that you can jump around) • bend one knee and lift that foot up behind you • hands on hips • balance on the supporting leg • hop to each of the four corners of the square • hop back to the middle before proceeding to the next corner • switch legs between sets
• 1 rep = 1 full circle

TIP: • hands on your waist • keep both arms in the air on both sides of the body to promote balance • avoid looking down too frequently

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 that knee with both hands and hold tight • keep the other leg straight and parallel to the floor (either on the floor or slightly lifted) • gently pull your bent knee toward your trunk • hold the stretch • slowly release and extend the leg and bring the other knee to your chest • repeat for the other side

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

Stretching

Hip flexor stretch

SETS: 1 HOLD: 30sec (each leg)



MOVEMENT: • start on 'all fours' • hands on the floor • now extend one leg to the front and take a large step into a low-lunge position • keep the front knee no further than over your toes • take a bigger step forward to correct this if necessary • now extend the back leg and lift it off the floor • drop your hips down to magnify the stretch • bring both hands onto the front knee and lift the chest • hold

TIP: • keep your torso upright • push your hips forwards • you should feel a stretch along the front of your right leg

Stretching

Glute stretch (Pigeon)

SETS: 1 HOLD: 30sec (each leg)



MOVEMENT: • start on 'all fours' • bring one leg forward • bend the front knee as if you were going to step into a lunge • slowly lower that knee and bring it to the floor • place the shin on the ground and bring the foot towards the opposite groin (45-degrees) • extend your back leg • keep the chest up

TIP: • drop the hips as much as possible • ensure the back leg is straight, with knee touching the ground • keep both hands on the floor in front of you