







TRAIN TO MOVE
PREPARE YOUR BODY BEFORE A RUN

Equipment: Bands, box/stairs
Total Time: Approx. 30-45 mins.



BLOCK 1: FEET/ANKLES/CALVES-FOCUSED

Equipment	Exercise	Description	Duration
	Heel Walks		2x 10 yards
	Toe Taps		2x 10 yards
	Lateral Toe Taps		2x 10 yards
	Balance Reaches		2x 10 yards
Perform each exercise barefoot or in socks only – no sneakers			



BLOCK 2: HIP-FOCUSED

Equipment	Exercise	Description	Duration
	Lateral Band Walks	Side to side	2x 10 yards
	Diagonal Band Walks	Forward / Back	2x 10 yards


BLOCK 3: QUAD/HAMSTRING-FOCUSED

Equipment	Exercise	Description	Duration
Box	 Box/Stair Step Up	Quad-based – vertical torso	2x 10 reps each leg
Box	 Box/Stair Step Up	Hip-based – forward torso lean	2x 10 reps each leg

BLOCK 4

Equipment	Exercise	Description	Duration
	Reach Back Lunge	Body weight only	2x 8 reps each leg
	Squat	Body weight only	3x 10 reps

BLOCK 5

Equipment	Exercise	Description	Duration
Stairs	 Lateral Stair Step Up	Feet never on same stair – forward motion	3x 20 stairs each leg

RESTS
(unless stated otherwise)

Between sets or intervals:
 rest for 30 sec. to 1 min. – but maintain momentum

Between exercises:
 rest less than 1 min.

Between blocks:
 rest for approx. 2 min.