



Performance Training and Physical Therapy

Endurance Running

Category	Exercise	Sets x Reps	Rest
Flexibility & Mobility			
5-7minutes	Foam Rolling: Do these in order, visit vastasports.com for anything in question 1. T-Spine 2. Lats 3. Pecs 4. Glute complex 5. Quad complex/hip flexors 6. IT band 7. Hamstring 8. Calves	1 set/ side - :30-60/side	
3-5 minutes	Stretching: 1. Supine figure four 2. Anterior Chain 3. Calves 4. Pec/Shoulders	1 set/ side - :30-60/side	
Dynamic Warm-up			
5-7 minutes	Movement Prep: Leg swings- linear/lateral- 10/s Quad RDL and reach/shoot the moon-5/s Worlds greatest- 5/s Sprint/Run Mechanic Warm-up: Toes/ heels High Knees Butt Kicks Lateral Shuffle w/ arm abduction High Knee X-Over High knee Carioca A-Skips B-Skips C-Skip	1x 15-20yds	
SPARQ			
2 sets = 12 min training session 3 sets = 15 min training session 4 sets = 20 min training session	Need other drill		60s
	RFESS- jumps	4x 5-8/s	:30-60s
	Assisted sprints- Downhill	4x	:30-60s
	300m shuttle	2x	1 min
Cool Down			
5-7min	Foam Rolling and static stretching from Warm Up		
Disclaimer			
1. You are engaging in this activity at your own risk. Please make sure you are cleared for physical activity by your primary Doctor.			
2. For best results, follow the program in order. If you have any questions visit the vastasports.com link.			