



TRAIL RUNNER'S STRENGTH

BY COACH RHANDI

Warmup: 10 minute cardio warmup or directly after a run

Directions: Adjust weight, height of step ups/jumps, even repetitions to your personal fitness level. Start with what is prescribed and then adjust to make it easier/harder as needed.

Focus: single leg strength and balance.

Don't Forget: pay attention to form and engaging your core

1. Single leg hop-up's. 2 x 10 on each leg.
2. Sumo squat with heavy dumbbell or kettlebell. 2 x 10
3. Push-up/mountain climber combo: 30 seconds of push-ups followed by 30 seconds of mountain climbers.
4. Forward lunge to balance. Step forward into the lunge, bring leg back to starting position without foot touching the ground. 2 x 10 on each leg. Advanced: add resistance by holding dumbbells.
5. Reverse lunge to balance. Step back into the lunge, bring leg back to starting position without foot touching the ground. 2 x 10 on each leg. Advanced: add resistance by holding dumbbells.
6. Single leg balance squat 2 x 10 on each leg without letting foot touch the ground.
7. Single leg RDLs - 2 x 10
8. Lateral single leg lunges to balance- 2 x 15 on each side. Start with bodyweight, add dumbbells for advanced option.
9. Heavy farmers carry - walk for 60 seconds focusing on posture and no swing with weights. Rest, repeat.
10. Box jump-ups finisher. Jump up, step down. 2 x 10. Advanced: add resistance.



TRAIL RUNNER'S HIPS & GLUTES

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- 1.** Fire Hydrants 2 x 15 on each leg. Alternating sides between each set.
- 2.** Single leg glute bridge 2 x 15 on each leg. Advanced- add weight.
- 3.** Isolated single leg glute bridge hold- 30 seconds on each leg. Advanced: add weight.
- 4.** Alternating curtsy lunge 2 x 15. Holding light to heavy weights depending on fitness level.
- 5.** Clamshells- 2 x 20 on each side
- 6.** Donkey kicks- 2 x 20 on each side. Advanced: Place band around knees.
- 7.** Split squat: 2 x 10 on each leg. Alternating sides between each set. Advanced- back leg on step or add weight.
- 8.** Standing hip adductor with band around ankles: 2 x 15 on each side
- 9.** Standing knee drive with bands around ankles- 2 x 15 on each side
- 10.** Step-up 2 x 15. Alternate lead leg. Step up to a challenging but doable height that you can repeat 15 times.



DYNAMIC WARMUP

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A good dynamic warmup only takes 5 minutes but helps so much with injury prevention and total body muscle activation. Now you have reminded your body that it needs to fire up all of it's muscles and that it's ready to get to work.

- 1. Walking lunges with twist x 12-20**
- 2. High-Knees x 20**
- 3. Butt-kickers x 20**
- 4. Side lunge (step out to the side from lunge position) x 10 each direction**
- 5. Sumo jump Squats x 10**
- 6. Leg swings- front & side**
- 7. Alternating leg kicks (or mummy kicks)- 10 on each leg**



MOBILITY/BAND WARMUP

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Small Band Series

1. Lateral band walk. 15 steps right. 15 steps left. Repeat 1-3 rounds.
2. Clamshells. 15 on each leg. Repeat 1-3 rounds
3. Banded squat with lateral leg lift. 15 on each leg. Repeat 2 rounds
4. 20x Banded bridges. Repeat 2-3 rounds.



CORE

BY COACH RHANDI

Core series - Do each exercise 1 time all the way through. Rest. Repeat 1-3 rounds.

1. Mountain climber. 30 seconds
2. Plank. 30 seconds
3. Side Plank. 30 seconds on each side
4. Push-ups. 5-15 depending on level.
5. Russian Twist. 30 seconds. Weighted if more advanced core strength.