



## Fairfield University Cross-Country- Pre-hab Program

### Core- 2 x 30 seconds each

A-Day	B-Day
Bicycles	Plank
Fire Hydrants	Side Planks (each side)
Russian Twist	Trail Leg
Ball Crunch	Flutter Kicks
Ball Side Crunch	Russian Twists
Ball Superman	Scorpions
Push-ups	Single Leg bridges
Planks- Elbows to hands (up and down)	Runner Planks (on hands)
Glute Bridges	Windshield Wipers

### Body Weight Exercises

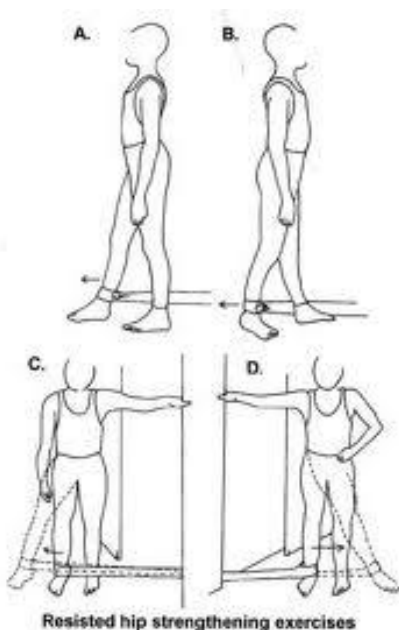
A-Day	B-Day
3 x 10 Prisoner Squats	3 x 10 Side Lunges
3 x 10 Forward Lunges	3 x 10 Calf Raises
3 x 10 Push-ups	2 x 10 Tricep Dips
3 x 10 box (stair) step-ups	3 x 10 Split Squats
3 x 5 Split Squat Jumps (alternate legs each jump)	3 x 5 Tuck Jumps



## Pre-Hab

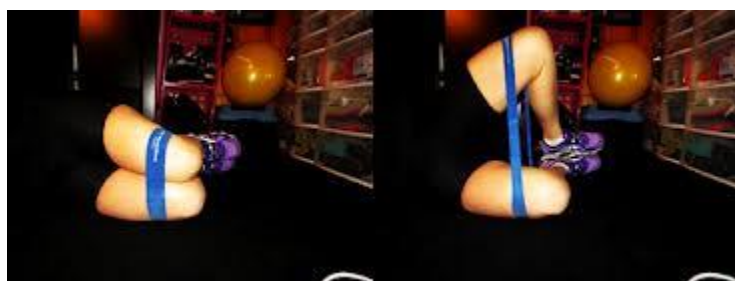
**Overview-** These series of exercises should be done 2-4 times a week, 2-3 sets, 15-20 reps with short rest on both sides of the body in order to prevent and/or treat injuries. Common areas of weakness for runners are abdominals, lower back, hip musculature (all planes of motion), knee, ankle and foot. These exercises should target these areas and will lead to a reduced risk of injury and improve performance.

### 4-way Kicks (hips)



Tie your resistance band to a bed post or a chair leg and then tie the other end around your ankle.

### Clamshells (Hips)



## Side leg raises (with band) (Hips)

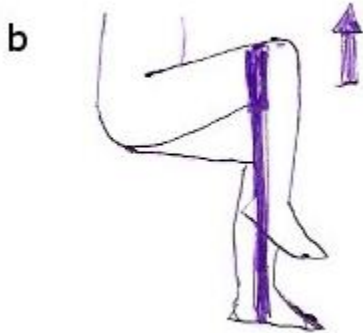


## Leg drops (Hips)



This can be done off a step on a stair case, curb, even chair (be safe!)

## Hip Flexion

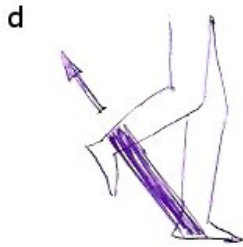


Use your opposite leg to secure your resistance band

## Leg Press (Quads, Hamstrings, Hips)



## Knee Flexion (Knee)



## Hip Extension

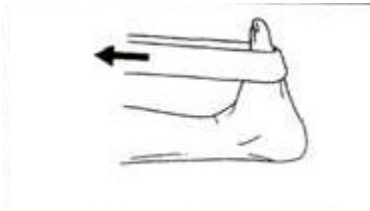


## Pick up objects with your toes (foot)

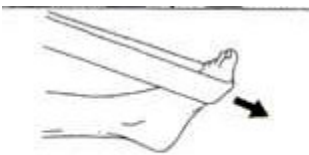


Can be marbles, clothes, etc.

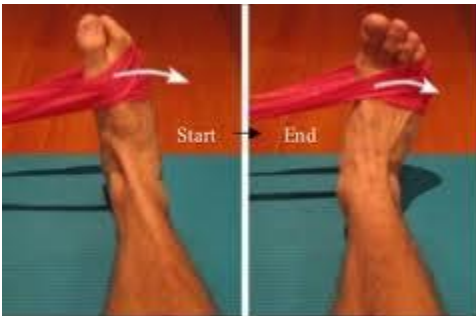
### **Dorsiflexion (Ankle)**



### **Plantar flexion**



### **Ankle eversion**



### **Ankle Inversion**

