

PRE-RUN PREP PROGRAM

RUN BETTER.
RUN LONGER.
RUN FASTER.

 **PRINCIPLE IRONEDGE**
SPORTS PERFORMANCE

01 QUICK OVERVIEW

We've put together a simple, yet effective pre-run training program that you can follow based on the time you have available to complete.

The program is designed to be completed anywhere with minimal gym equipment required. To get gain access to your free Iron Edge mini kit that includes a mini band, resistance band and trigger ball - [click here](#).

The key elements of the program cover: Mobility (increasing range and movement in key areas to help us move more effectively), Strength (targeted movements to increase our ability to tolerate loads through increasing capacity of key muscle groups and movement patterns), and Bounce (exposing the tendons to loading prior to activity and sparking our CNS). The end goal? Ultimately, having us ready to run by our first step.



02 FOR EVERY CLOCK

No matter how much (or little) time you have, there is protocol built for you to follow along.

The next pages have the categories, exercises, prescriptions, key cues and videos.

If you'd like to be coached through your movements - tag [@coach_jorditaylor](#) and [@ironedge_au](#).

5 MINS

SHORT PROTOCOL 1

Longer/ Lower Intensity Runs
x1 Round of Mobility
x1 Round of Strength

5 MINS

SHORT PROTOCOL 2

Shorter/ Higher Intensity Runs
x1 Round of Strength
x1 Round of Bounce

10 MINS

MID PROTOCOL

Quick Modified Prep - All Runs
X1 Round of Mobility
X1 Round of Strength
X2 Rounds of Bounce

15 MINS

FULL PROTOCOL

Full Prep -Take Time & Build Intensity
x1 Round of Mobility
x2 Rounds of Strength
x2 Rounds of Bounce

MOBILITY

Mobility is designed to create space, movement and range in some of the key structures for running.

These movements are focused primarily around the pelvis, hips and lower back.

To access the video demonstration and link of each exercise, click the exercise name and it will take you to the video.

EXERCISE NAME	PRESCRIPTION (SETS/ REPS)
<u>Wall 90/90 Breathing + Pelvic Tilt</u>	1x30secs
<u>Wall Side Lying External Rotation Iso</u>	1x30secs, 30secs
<u>90/90 Hold + External Rotation</u>	1x5,5
<u>Pigeon Hold</u>	1x30secs,30secs
<u>3 Way Crucifix</u>	1x8,8,8
<u>Wall Assisted Hip CAR's</u>	1x6,6

Programming Notes:

" " = each side

"secs" = seconds

STRENGTH

Strength section incorporates key muscles and movement patterns that can help with our performance and minimise common injuries in running.

These movements are focused primarily around the foot, calf, hamstrings and lateral hip.

To access the video demonstration and link of each exercise, click the exercise name and it will take you to the video.

EXERCISE NAME	PRESCRIPTION (SETS/ REPS)
<u>Wall Strider</u>	2x10,10
<u>Wall Sprinter Calf Raise</u>	2x15,15
<u>Wall Leaning Bosch Hip Lock</u>	2x8,8
<u>B Stance RDL w/ Reach</u>	2x8,8
<u>Mini Band Glute Bridge Iso + Abduction</u>	2x30sec or 2x12
<u>Ground Based Bosch Hamstring Bridge</u>	2x30sec
<u>Deadbug + Mini Band Hip Flexion</u>	2x10,10
<u>Side Plank + Abduction</u>	2x10,10

Programming Notes:

“,” = each side

“secs” = seconds

BOUNCE

Bounce primes our CNS and exposes the tissues and tendons to load prior to running.

These movements are focused primarily around the foot and calf.

To access the video demonstration and link of each exercise, click the exercise name and it will take you to the video.

EXERCISE NAME	PRESCRIPTION (SETS/ REPS)
<u>Ankle Pogos (Elastic).</u>	2x15
<u>Ankle Pogos (Reactive).</u>	2x15
<u>Ankle Skips - Stationary.</u>	2x10,10
<u>Alternating Pogos</u>	2x10,10

Programming Notes:

“,” = each side

FREE GIFT & THANK-YOU

Don't forget to claim your FREE prep kit from Iron Edge. Simply click the image below.

Don't forget to tag [@coach_jorditaylor](#) and [@ironedge_au](#) in any of your clips to get coached or featured on our social media pages.

Thank-you for taking the time to download this resource and I hope you can improve your next run with some simple additions to your prep.



 | PARTNERS

DISCLAIMER

1. **Health and Medical Condition Representation:** I affirm that I am currently in good physical condition and health. I have no medical conditions, illnesses, injuries, or physical limitations that would prevent me from safely participating in the training program.

2. **Assumption of Risk:** I understand that the training program may involve physical activities, exercises, and workouts that carry inherent risks of injury. I voluntarily assume all risks associated with participating in these activities.

3. **Responsibility for Personal Health and Safety:** I acknowledge that it is my responsibility to consult with a medical professional prior to beginning any exercise program. I confirm that I have done so and have been advised that I am fit to engage in the training program.

4. **Waiver of Liability:** In consideration of being allowed to participate in the online training program, I hereby waive, release, and discharge Principle Sports Performance, their trainers, agents, employees, and affiliates from any and all claims, liabilities, demands, actions, and causes of action whatsoever, arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, whether caused by negligence or otherwise, during my participation in the training program.

5. **Indemnification:** I agree to indemnify and hold harmless Principle Sports Performance, their trainers, agents, employees, and affiliates from any and all claims, liabilities, demands, actions, and causes of action which may arise from my participation in the training program.

6. **Personal Responsibility:** I understand that the success of the training program depends on my commitment, effort, and dedication. I acknowledge that Principle Sports Performance is not responsible for any lack of results or progress I may experience.

7. **Online Training Environment:** I agree to create a safe and suitable environment for participating in the training sessions, ensuring that the equipment and surroundings are appropriate and free from hazards.

8. **Minors:** If I am under the age of 18, I confirm that my parent or legal guardian has reviewed and consented to this waiver on my behalf.