

CADENCE/ BEGINNER: Session 1

Exercise	Sets	Reps	Exercise specification/recommendations
Warm up			
5 minutes of gentle running to raise body/muscle temperature			
Muscle activation	Sets	Reps	
<i>Controlled leg swings</i>	1	20	In a standing position, flex one foot and swing it forward and back. Hold to something with your hand for extra balance. Make sure that you keep the knee straight and don't rotate your hip out as the leg swings back. PROGRESSION: Add a 'side to side' swings as well.
<i>Hip opener (hurdles)</i>	1	15	In standing, bend one knee and bring it up to hip height. Now flex the same foot, start bringing the knee out and then slowly bring the foot to the ground and then back to the front (imagine you are drawing circles with that knee). PROGRESSION: After 15 reps, reverse the exercise by starting with the knee back and motion towards the front.
<i>Lateral Resistance Band Walk</i>	2	8	Place the band around both thighs, drop down to a squat position and walk out to one side, then walk back in with the other foot and leg. Make sure that you stay low at all times. Keep the back straight.
Drills	Sets		Perform for 20-30 meters then walk back to the start
<i>'High knees'</i>	1	-	Bring the knee up to hip height. Drive the foot down and let it spring back up off the ground (pull rather than lift the knee). As your knee comes up, swing and drive your opposite arm upwards. Do not let the upper body lean forward; keep the core engaged to stay upright. Alternate your legs as fast as possible to create more dynamics.
<i>'High knees and kick'</i>	1	-	Drive the knee up, kick it out in front of you to waist height and then bring down to the ground. The 'kick' is simply a leg extension which will dynamically stretch the hamstring. As the leg comes down, I should join your back leg and touch the ground at the same time.
<i>'Heel to butt'</i>	1	-	Using small steps, quickly lift one foot to your glutes, or just under, and then straight down again. As you are pulling your heels up, keep the knee flexed and heel and toe lifted up throughout the drill. Either place both hand on your glutes or use the same arm motion as you use while running.
<i>'Fast feet'</i>	1	-	Move forward taking very fast and small steps, always landing on the balls of your feet. Starting at the toe, push the foot down so that the heel barely contacts the ground. Use the ball of your feet to take your body to the next step. Start slow; then gradually pick up the pace and keep the cadence high.
Fundamental movements	Sets	Reps/hold	
<i>Lunges – walking/ on the spot</i>	2	8	Start with feet parallel, hip-width apart. Step with one foot out towards the front. Now drop the hips as low as possible ensuring that the front knee stays above the ankle and back knee does not quite touch the ground. Keep the trunk upright. Place both hands on your waist or keep them in front of you. PROGRESSION: use hand weights or kettlebells to increase load and difficulty.
<i>Straight leg deadlifts</i>	2	8	Start in standing position. Then gradually start lifting one leg straight back so that you are supporting only on one leg. Try to bring the back leg back as high as you can, make sure that it remains straight. Simultaneously, bring your torso down in front of you and keep the arms forward. Keep them straight to promote balance. PROGRESSION: use hand weights/kettlebells to increase load and difficulty (bend the elbows and keep by the waist).
<i>Glute bridges</i>	2	12	Lay on your back. Feet hip width apart. Now slowly push your hips up. Keep the back straight as you lift your hips, keep the arms on the ground. PROGRESSION: use hand weights/kettlebells to increase load and difficulty. Start with lightest weights first!

<i>High/low plank</i>	1	15-20sec	Get into a plank position with your arms straight or elbows on the ground right underneath your shoulders and your feet hip-width apart. Keep the back flat and your head and neck are in a neutral position. Drive your arms/elbows into the floor, and squeeze your quads, glutes, and core.
Plyometrics	Sets	Reps	
<i>Frontal double leg jumps</i>	2	8	Stand with your feet together and your arms straight out in front of you. Jump upwards and forward as far as you can. Use both feet to push off and for landing. As soon as you land jump again.
<i>Single leg square hops</i>	2	4	Imagine a square in front of you. Now hop on one leg to each of the four of its corners, hopping back to the middle before proceeding to the next corner. 1 rep = 1 full circle. Switch legs between sets.
<i>Basic box jumps</i>	2	8	Use both legs equally to jump up. Land softly and equally on surface with knees bent and butt back. Keep knees in line with feet and behind toes. Upon landing, continue into a deep squat. Hold squat for 2 seconds, then drop down and start again.
Stretching	Sets	Hold	
<i>Quadricep stretch</i>	1	30sec	In a standing position, bend your knee back and grasp your ankle with one hand. Try to bend it back as far as possible.
<i>Hip flexor stretch</i>	1	30sec	Begin in a kneeling position. Release one leg and take a large step forwards so that you are in a low-lunge position. Make sure the knee is no further than over your toes. If it is, then you will need to take a bigger step forward. Keeping your torso upright, push your hips forwards so that you feel a stretch along the front of your right leg.
<i>Glute stretch (Pigeon)</i>	1	30sec	Start on 'all fours'. Now bring one leg forward and bend the knee it forward as if you were going to step into a lunge. Slowly lower the knee and bring it to the floor. Place the shin on the ground so that it is perpendicular to the front edge of your mat or in towards the groin (45-degrees). Place both hands on the floor in front of you and extend your back leg.