

IRISH DISTANCE ROUTINES 2017			
Pre	Supplemental		Post
Lunge Matrix (x10)	Core, Hip, Balance	Strength & Speed	Yoga
Front lunge			Reach up
Front twist	Core (x20)	GS Circuit	Fold
Side	Sliders	Hip hitch x10	Step back
Back/Side	Side ups R/L	1 leg sqt R/L x10	Down dog
Back	Crossovers	Lunge x10	Plank/pedal
	Swimmerx50	Body squat x10	Croc/cobra
D-Flex (10 m)	Push Upsx40		plank/calf
Groiners	Supermanx20	Everest Hill Circuit	Corndog/quad
Iron dbl cross	Bk Kicks 3x30+	Dynamic Lunge 30m	Step forward
SA bus drivers	Rockettes	Jump high 30m	Wide, fold, L/R
Bridges	Upsx20	Jump far 30m	Monkey
Scorpion	Heel taps	Speed bound 30m	Tri/Rev/Lng/ham
Calf stretch	Planks F/B/R/L (30")		Pretzel
Heel walk		Antelope Circuit	Cat/cow
Bkwrld Toe walk	Hips (x5)	B-skip 25m	Child
Frankensteins	DK+'s x 10	Butt kick 25m	
Walking quad	Ninja kicks	High knee F/L/R 25m	Hurdle Drills
	Fire Hydrant	Speed skater x20	Over
Drills (20m)	F knee circle	Rocket jump x10	Lateral step overs
Ankle pops	B knee circle	100m stride	Skip over
High knee	Low crawl	Burpees x10	Over/Under
Butt kicks	Leg lifts (20/30)	Split jump x10	
Backward run		Long jumps 25m	
A-Skip	Prehab (x20)	Speed bound 25m	
B-Skip	Hot salsa	D step-ups x20	
Strt leg bound	Pendulum (L-M-R)	100m stride	
HK Carioca R/L	Side plank knee in		
HKBK Stride	Clams	Weight Circuit	Speed Development
	Rev clams	Bulg-squat x20	6x40 or 8x30 or 12x20
	Mtn climbers	B-cone x20	
		Ham curls x20	Strides
	Foot/Leg Circuit	F-cone x20	6x100 or 4x150 or 3x200
	Towels-3x10	KB pend x20	
	Plantar/dorsix20	Hips w/band in/out x20	
	Soleus-3x10	Hip Thrust x 20	
	Straight leg 5 sec	MB hops x60	
	Heel raise- 3x10		

Do LM, 800 easy, and D-Flex before every practice
Do Drills before every workout day
Mon/Wed: Prehab & Strength (Either GS, EH, or AE Circuit)
Tue/Thur: Core & Hips
Wed: F/L, Speed Development (Either 40's, 30's, or 20's)
Fri: Strides, Hurdle Drills
Do Yoga after every practice
During Phase 1: Strides M/W, Speed Dev T/R