

Free Red Progression - Pre-Run and Post-Run

Red Progression - Easy Day

Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

1. Low skips with arms swinging forward
2. Low skips with arms swinging back
3. Low skips with arms crossing
4. Skip with a twist (360°)
5. Backward walk with a reach
6. Backward skip
7. Butt kicks
8. Side shuffling - down and back
9. Side shuffle w/jumping jack - down and back
10. Carioca - down and back
11. Quick skip - single leg left
12. Quick skip - single leg right
13. Quick skip - alternating leg

Move to fence

1. Forward-backward x 10
2. Side to side x 10
3. Hurdle trail leg forward x 10
4. Hurdle trail leg backward x 10
5. Eagles x 10
6. Side bends x 10

Move to ground

1. Cat-cow (camel-old horse) x 5 cycles
2. Cat-cobra x 5 cycles
3. Reach through and reach up x 8 each side
4. Fire Hydrant x 8 each side
5. Donkey kick x 8 each side
6. Low whips x 8 each side

Go to track/parking lot/field for Sprint Mechanics

Sprint Mechanics

1. A-march
 2. A-skip
 3. B-march
 4. B-skip
 5. Dribbles (walk back)
 6. Dribbles a second time (walk back)
- (Note: if you can't do the dribbles, you can practice by walking them.)

Post-Run

Big 5

1. 5 push-ups, followed by 5 body squats
 2. 4 push-ups, followed by 4 body squats.
- Repeat 3/2, 2/2, 1/1.

General Strength and Mobility (YouTube video - see SAM Phase 1 Easy for most of this)

1. Prone Plank x 10 sec
2. Side Plank x 10 sec
3. Prone Plank x 10 sec
4. Double Hip Bridge x 6
5. Clams x 5
6. Reverse Clams x 5
7. Reverse Air Clams x 5
8. Lateral Leg Raise x 6 (toes in, neutral, and out)
9. Donkey Kicks x 8
10. Donkey Whips x 8
11. Fire Hydrants x 8
12. Knee Circles Forward x 8
13. Knee Circles Backward x 8
14. Cat-Cow x 5 cycles

Now hydrate and fuel!

Free Red Progression - Pre-Run and Post-Run

Red Progression - Hard Day

Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

Post-Run

Lunge Matrix (YouTube video)

1. Forward Lunge x 10 (5 each side)
2. Forward Lunge with Twist x 10 (5 each side)
3. Side Lunge x 10 (5 each side)
4. Back and to the Side Lunge x 10 (5each side)
5. Backward Lunge x 10 (5 each side)

***General Strength and Mobility (YouTube video
- see SAM Phase 1 Easy for most of this)***

***Great Day!
Now hydrate and fuel!***

Free Orange Progression - Pre-Run and Post-Run

Orange Progression Easy Day - Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

1. Low skips with arms swinging forward
2. Low skips with arms swinging back
3. Low skips with arms crossing
4. Skip with a twist (360°)
5. Backward walk with a reach
6. Backward skip
7. Butt kicks
8. Side shuffling - down and back
9. Side shuffle w/jumping jack - down and back
10. Carioca - down and back
11. Quick skip - single leg left
12. Quick skip - single leg right
13. Quick skip - alternating leg

Move to fence

1. Forward-backward x 10
2. Side to side x 10
3. Hurdle trail leg forward x 10
4. Hurdle trail leg backward x 10
5. Eagles x 10
6. Side bends x 10

Move to ground

1. Cat-cow (camel-old horse) x 5 cycles
2. Cat-cobra x 5 cycles
3. Reach through and reach up x 8 each side
4. Fire Hydrant x 8 each side
5. Donkey kick x 8 each side
6. Low whips x 8 each side

Go to track/parking lot/field for Sprint Mechanics

1. A-march
2. A-skip
3. B-march
4. B-skip
5. Dribbles (walk back)
6. Dribbles a second time (walk back)

Post-Run - go right into this

Lunge Matrix (YouTube video)

1. Forward Lunge x 10 (5 each side)
2. Forward Lunge with Twist x 10 (5 each side)
3. Side Lunge x 10 (5 each side)
4. Back and to the Side Lunge x 10 (5 each side)
5. Backward Lunge x 10 (5 each side)

Jeff Boelé Multi-Directional Cool-down

Do these for 20 meters

1. Backward jog
2. Forward skip
3. Backward skip
4. Backward skip with twist
5. Side jump jacks - L/R
6. Side slide - L/R

Do these for 10 meters

1. Forward single leg hop - L/R
2. Backward single leg hop - L/R
3. Forward double leg hop
4. Backward double leg hop
5. Crouched Walk - forward/backward

General Strength and Mobility (YouTube video - see SAM Phase 2 Easy for most of this)

1. Prone Plank x 20 sec
2. Side Plank x 20 sec
3. Supine Plank x 10 sec
4. Single Leg Bridge x 6
5. Clams x 8
6. Reverse Clams x 8
7. Reverse Air Clams x 8
8. Lateral Leg Raise x 8 (toes in, neutral, and out)
9. Donkey Kicks x 8
10. Donkey Whips x 8
11. Fire Hydrants x 8
12. Knee Circles Forward x 8
13. Knee Circles Backward x 8
14. Lower Body Crawl x 10
15. Iron Cross x 10
16. Australian Crawl x 10
17. Iron Cross x 10
18. Groiners x 20
19. Cat-Cow x 5 cycles

Now hydrate and fuel!

Free Orange Progression - Pre-Run and Post-Run

Hard Day - Pre-Run

Jeff Boelé Warm-Up (Jeff Boelé video)

Post-Run

NOTE: Go right into this work form the workout or long run!

Lower body circuit - go through this with little or no breaks between the exercises

1. Wide Outs x 10
2. Mountain Climbers - Singles In x 10
3. Wave Lunge x 10
4. Mountain Climbers - Singles Out x 10
5. Front Lunge x 10 (5 each side)
6. Front Lunge with twist x 10 (5 each side)
7. Side (lateral) Lunge x 10 (5 each side)
8. Back and to the side Lunge x 10 (5 each side)
9. Backwards Lunge x 10 (5 each side)

Now go immediately into Core X - 30 seconds for each exercises, no breaks.

1. Running V-Sits
2. Australian Crawl
3. V-Sit Flutter Kicks
4. Side Plank Leg Lift
5. Supine Plank
6. Side Plank Leg Lift (other side)
7. Superman
8. Push-up to Side Plank
9. V-Sit Scissor Kicks
10. Rockies

Now you can get a bit of water and take a 60-90 second break.

General Strength and Mobility (YouTube video - see SAM Phase 2 Hard, the middle part of the video to the end of the video for most of this)

1. Bird Dog x 5
2. Clams x 8
3. Reverse Clams x 8
4. Reverse Air Clams x 8
5. Lateral Leg Raise x 8 (toes in, neutral, and out)
6. Donkey Kicks x 8
7. Donkey Whips x 8
8. Fire Hydrants x 8
9. Knee Circles Forward x 8
10. Knee Circles Backward x 8
11. Iron Cross x 10
12. Groiners x 20
13. Iron Cross x 10
- 14.** Cat-Cow x 5 cycles