

Intro To Running Mechanics



National Federation of
PROFESSIONAL TRAINERS

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What To Expect

- Foam Rolling
- Dynamic Warm up, Why it's done
- Sample corrective exercises
- Analysis of Jogging
- Common dysfunction among runners
- Sample strength training exercises for the lower body and core with progressions
- Sub Max Testing
- Tabata Protocol

Introduction

Majority of people lack proper running mechanics not on purpose but because they have:

- poor muscle flexibility
- improper muscle fiber recruitment
- muscle imbalances/ weakness that lead to overcompensation
- learned the wrong way

Foam Rolling

- Foam Rolling is a way to do self-myofascial release
- It is used prior to exercise to release trigger points causing muscles to return to their normal function
- Aids in helping to restore proper movement patterns to enhance performance

Dynamic Warm-Up

It's a specific assembly of dynamic movements designed to properly recruit muscle fibers to maximize performance

This should be done every time before you train or race.

- Forward jog/backward jog 2x
- Forward jog/backward skip 2x
- Forward jog/ backward reach run 2x
- Angled lunge 10x
- A-skip 5x each leg
- Leg Cradle 10x
- Groin skip 5x each leg
- Karaoke 2x
- Lateral bound 2x
- Sumo-squats 5x
- Elbow to endstep 3x each side
- Linear bound 2x
- Straight leg march 10x
- Inverted toe touch
- Wall swings lateral 10x
- Wall swings linear 10x