

The Runner's BOOT CAMP 100

Pre-Workout and Warm-up
Active Stretching Warmup
arm swings/horizontal adduction/abduction
assisted body weight squats
assisted knees to chest
athletic stance/athletic moves
Pilates 100
rhythmic breathing exercises
sunrise salutation
swimmer's overhead stretch
visualization
Focus-on-Form Warmup
Kenyan jog
long stride walking
progressive key thought warmup
skateboard drill
toe off motor conditioning
toe walking
Fitness Class-style Warmup
boxer's shuffle and speed bag
crossovers
fist pumps
Karate kicks (forward/side/backward)
knees high opposite toe touches
speed skater (step touch hyper adduction)
squats (weighted/unweighted)
toe taps with reach
Track-style Warmup
ankle flicks/ ankle circles
A's knees high skip
B's knees high kick
C's seat kicks
high jumpers (back lunge to knees high)
progressive key thought warmup
strides
Ethiopian Warmup
Ethiopian-style bell jumps
Ethiopian-style elbow to opposite knee running
Ethiopian-style hand to opposite foot running
Ethiopian-style trailing leg skipping

Boot Camp Essentials
A's knees high skip
bicycle kicks
crunches
C's seat kicks
hot feet
hot hands (standing, squat or Bosu)
Karate kicks
rule of thumb test
seated reach
shuttle run- 5 step shuttle
skateboard drill
sumo squats
toe walking
tuck jumps (3 options)

Core Strength
backward lunge walking
bird-dog crunch
cross chops
cross-legged oblique crunches
crunches
fist pumps
Front plank with leg/arm lift
Karate kicks (forward/side/backward)
lat pulldowns or wide grip chinups
oblique twists
Pilates 100
plow pose roll to palm tree pose
plow pose/shoulder stand
reverse bridge + hamstring curl followed seated pike stretch (optional 1 leg extended)
reverse crunches
side planks
straddle inner thigh stretch to crane pose
tuck jumps (3 options)
warrior 1 pose
warrior 2 (most common warrior pose)
warrior 3 pose

Form Drills
ankle flicks/ ankle circles
A's knees high skip
athletic stance/athletic moves
backward running
Bounding
B's knees high kick
cadence drills (stride counting,high/low cadence)
C's seat kicks
exaggerated heel lift w/ bands
hands on head running
high jumpers (back lunge to knees high)
hot feet
hot hands (standing, squat or Bosu)
Kenyan jog
knees high running
ladder quickstep
one legged forward hop
rhythmic breathing exercises
run with calf muscles
run with hamstrings and glutes
run with quadriceps
skateboard drill
sprint start falling forward drill
Strides
toe off motor conditioning
toe walking

Anaerobic Exercises
180s
aggressive seat kicks
ankle flicks/ ankle circles
bicycle kicks
burpees
high jumpers (back lunge to knees high)
hot feet
hot hands (standing, squat or Bosu)
knees high running
ladder quickstep
lunge jumps
lunge punches (optional hand weights)
mountain climb
Russian dance - straight legged kicks
shuttle run - 5 step shuttle
shuttle run - from plank position
slalom hops
slalom jumps
squats (weighted/unweighted)
step touch lateral hop
strides
tuck jumps (3 options)
vertical jumps with slow cadence
wide stance stutter step

Flexibility
adept/accomplished pose/child pose
arm swings/horizontal adduction/abduction
backward lunge walking
calf stretch
camel pose
cat-cow-spinal twist
hamstring stretches
itb stretch
Karate kicks (forward/side/backward)
knees high opposite toe touches
long stride walking
Meb stretch (bound fan straddle pose)
noble pose
pigeon pose
plow pose/shoulder stand
quad stretch laying on side
side lunges
single legged deadlifts
speed skater (step touch hyper adduction)
straddle inner thigh stretch to crane pose
Sumo squat to hamstring stretch
Sumo squats
sunrise salutation
warrior 1
warrior 2
warrior 3

Strength
Arnold press + bicep curl
calf raises seated
calf raises/shrugs/farmer's carry
gluteus kickbacks (standing or on hands and knees)
hang, clean and press
lunge punches with weights
seated toe raises
side lunges
single legged deadlifts
slow kicks (forward, side, back)
squats (weighted/unweighted)
Sumo squat to hamstring stretch
triceps kickbacks
upright rows

Post Workout Cool-down & Recovery
arm swings/horizontal adduction/abduction
backward lunge walking
child pose
C's seat kicks
hamstring stretches
itb stretch
long stride walking
'rule of thumb' test
sumo squats
sunrise salutation
visualization