

1. Stability and Mobility Plan

- These are general exercises, if you've been given specific advice by a physio etc then follow that
- If it hurts, stop!

A: Mobility warm up (pre run or strength and conditioning work out)

- **Watch on You Tube** - I take you through all the exercises here – <https://youtu.be/aVnwJP3EG5o> (NB you should be able to do the exercises along with me but if you need a bit longer on some exercises then be ready to hit pause)
- Aim to slowly build range of motion (ROM), don't force anything, nothing should hurt
- There's no magic number for the 'right' number of reps, everyone is different and each person will vary week by week, left side by right side. Try for 5 -10 reps for each (each direction, each leg). If something feels tight do a few more, if it feels fine, move on.
- The very first time, go easy, go for a few less reps, as you start to build mobility.
- Something is always better than nothing

Hips	Open and close the gate – standing tall, take knee out in front, out to the side, touch toe down, knee back up at the side, and back to the middle. Try and keep standing hip still.
Hips	Kneeling hip flexor/ Neutral Pelvis engagement – Kneel with one knee on the floor. Imagine your pelvis as a bowl of water. You're probably slightly tipping water out the front. Draw up the front so waist band is level/ you're not tipping water out the front, feel the stretch at the front of the hip (of the knee that's on the floor) and glutes and core gently engage.
Hips	Lizard circles – start in a plank, step one foot forwards to outside of hand, draw up at the front (tuck tail bone under, belly button up towards nose), then make circles in both direction with belly button. Swap sides. OR (this is easier outside, pre run) * Pre run bench hip mobility – stand with foot on bench, other leg further back, neutral pelvis, draw up at the front (tuck tail bone under, belly button up towards nose) as you gently push forwards to feel a stretch at the front of the hip. Then make circles in both direction with belly button. Swap sides.
...and chest	...and chest openers – once you're happy with the lizard circles, add in some chest openers. In the lizard position take 1 arm up to the sky (it's easiest to do the same arm as the bent leg). Imagine you have something written on your front, show it to someone standing at the side.
Ankles	* Swing your pants – either standing straight or leaning against something, circle the knees around to loosen the ankles (single leg, both together, which ever you prefer)
Glutes	* Pre run 1 leg glute engagement (you can leave this if doing S&C, you've got plenty of glute work to come) – stand on one leg, hug other knee up to chest to feel glute engage, try taking out to the side for deeper engagement. Hold for 30 secs each leg.
Full body	Lunges (either on the spot, holding onto something as needed, or stepping forwards/backwards) – step forwards, drop weight down, keep front knee over ankle, not over toes. Engage glutes, neutral pelvis, use glute muscles to stop knee collapsing inwards.

* Just for pre run, don't worry if going onto S&C

B: Main set

- **Watch on You Tube** - I take you through all the exercises here - <https://youtu.be/Y4MtpP1azuo> (NB you'll need to press pause as you go so you do the right number of reps for you).
- Reps: The first time you do the work out, make sure you don't over do it. Aim for about 6/10 level of effort by the end. After that, and if everything feels ok the next day, you're either going for 'AMRAP' = as many reps as possible (within reason, you still need to be able to walk at the end!) or until you get to about 7/10 level of effort.
- Keep track of time /reps on each. Over time these should be increasing (e.g. 1-2 reps per workout but will vary a lot). Sometimes your body will be more tired and you can't increase, that's fine, listen to your body.
- Be aware of a weaker side and start on this side each time, then do the stronger side, then repeat a few more reps on the weaker side.
- Sets and frequency: Aim to do twice through, a few times per week if possible. This is a minimum, if you're used to doing more then do more!
- As always, something is better than nothing. There's no kit to set up for these so even if you only have 5 mins, you can get something useful done. If not doing the full plan remember what you've done and do the others the next time. Aim for a mix of all muscle groups each time.
- Neutral pelvis cues: Imagine your pelvis as a bowl of water, make sure you're not tipping water out the front. Don't overly arch your lower back. Tuck the tail bone under.

Area	Exercise notes	Watch out for	How many
	Round 1		
Glutes	Glute bridge – lie on back, feet on the floor hip width apart. Touch fingers to heels to make sure they're not too far away.	Make sure it's your glutes doing the main work. Don't let hips drop / arch your back. Don't let one side do all the work.	As long as possible
Core	Deadbug – lie on back, legs bent in air, knees above hips. Lower diagonally opposite arm and leg slowly down with control. Option: with band – attach physio band behind you, hands push band forwards towards knees.	Keep neutral pelvis, don't arch back. Stop if back hurts – re-engage core, try again. If still hurts then stop.	Up to 7/10 level of effort.
Calves	Calf raise – stand on 1 leg on step, drop heel down and then raise up.	Full range of motion on each rep, don't stop at horizontal foot but go right up onto toes. Don't let foot roll out. Sloooow and controlled.	AMRAP

Round 2 – PTO

	Round 2		
Glutes	Clams – lie on your side, bend legs so heels are in line with the body. Slowly open out top knee as if opening a book (i.e. lift the knee, but think of it as opening rather than lifting). Lower with control.	Don't let other muscles get involved. (Stand in a line dancing position, fingers facing forwards, thumbs pointing down, your thumbs should be on your glute med, the muscles we want to work here).	AMRAP*
Core	Side Plank – lie on your side, elbow on the floor and push hips up so there's a straight line from your shoulder to your feet on the floor. Regress: knees on floor Progress: hand on floor, straight arm	Stop if shoulder or back hurts – re-engage core, try again. If still hurts then regress/ stop.	Up to 7/10 level of effort.
Calves	Calf raise – as above but keep your knee bent.	As above, plus don't straighten your knee as you push up. Imagine I'm standing behind you with my hands on your shoulders, don't bang into my hands as you come up.	AMRAP

* you might find if you do AMRAP on one side, when you swap onto the second side you can feel the glute you're lying on the floor on, more than the one you're trying to work. So it might be best to go to about 5/10, swap sides, and then repeat, especially if you find you have one side that you struggle to engage.