

# PRE RUN ACTIVATION DRILLS FOR THE ENDURANCE RUNNER

#ACTIVEAAI



## ACTIVATION RECOVERY INJURY PREVENTION

Pre run activation drills to prepare the runner for the demands of the long run.

Post run mobility and stretching to enhance recovery and reduce the risk of injury.

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ENDURANCE RUNNING - PRE RUN DRILLS  
AND ACTIVATION

# IMPROVE YOUR TRAINING ROUTINE

Following an effective activation routine before training is an essential component for every athlete. In order to improve performance and reduce the risk of injury, specific drills and exercises should be performed to target the muscle groups required for middle / long distance running.

Specific injury related drills and exercises can be included to cater for the individual needs of the athlete.

# PRE RUN ACTIVATION



## **A routine UNIQUE to you.**

Pre run activation and drills should be specific to the athlete's needs. Choose 5-6 main exercises to activate the main muscle groups and add in specific exercises to cater for that athlete's individual needs. If the athlete has a weakness or injury prone area, ensure physio prescribed exercises are completed.

The aim of the pre run routine is to prepare the body for the exercise to follow. The routine should activate and warm up the body without inducing any fatigue.

Maintain correct technique and aim for quality repetitions .

# ENDURANCE RUNNING - PRE RUN DRILLS AND ACTIVATION

## Choose 6-7 Exercises

- *Hamstring sweeps - 3-6 reps each side.*
- *Dynamic Knee hug / quad stretch- 3-6 reps each side.*
- *Sumo Squat/ Lunge- 10 reps / 3-6 reps each side.*
- *Single Leg RDL- 3-6 reps each side.*
- *A walk / A Skips / B Skips- completed over 15-20m.*
- *Shoulder rotations forward / back - 10 rotations each direction.*
- *Inchworms- 5/6 reps.*
- *Worlds greatest stretch- 3 reps each side.*

### Specialisations:

- *Include physio prescribed drills and mobilisation of injury prone areas / issues the athlete may have.*

# ENDURANCE RUNNING - PRE RUN DRILLS AND ACTIVATION

- *Superman - 3 reps each side.*
- *Banded hip flexor activation- 6 reps each side.*
- *Banded walks for glute activation - 2 sets over 10m.*
- *Carioca with knee drive - 1 set each side over 15m .*
- *Squat jumps / Pogo jumps - 5 reps / 10 reps.*

## Specialisations:

- *Include physio prescribed drills and mobilisation of injury prone areas / issues the athlete may have.*

# POST RUN MOBILITY



After training sessions, it is important to ensure the athlete follows a routine to enhance and promote recovery. This routine should include a multitude of factors (rest, stretching, mobility, nutrition and hydration, treatment, sleep).

Post run, a 10-15 minute routine of stretching and mobility can greatly enhance recovery and aid in the prevention and reduction of injury occurrence.

During each exercise, the athlete should focus on slow movements and mobilisation of the major joints and structures of the body. Hold each stretch for 15-20s.

# STRETCHING AND MOBILITY

## Lower body stretches

- *Hamstring stretch*
- *Quad stretch*
- *Calf/ ankle mobilisation*
- *Hip Flexor Stretch*
- *Groin- Butterfly stretch*
- *Glutes- Pigeon stretch*
- *Hips- Supine hip rotations, Spiderman stretch.*

## Upper body stretches

- *Childs pose- vary angles*
- *Pectoral muscle stretch*
- *Shoulder rotations*
- *Neck/cervical spine rotations*

## Spinal / core stretches

- *Core/ thoracic rotations from standing*
- *Core/ thoracic rotations from supine position*
- *Cat/camel pose*
- *Pull up bar hanging movement- aim for a 10-15 s stationary hang to decompress the spinal column.*

### Specialisations:

- *Include physio prescribed stretches and mobilisation of injury prone areas / issues the athlete may have.*

# POST RUN RECOVERY/ INJURY PREVENTION



One of the key factors in reducing the risk of injury and promoting longevity and consistency in athletic activity is ensuring a recovery protocol is adhered to.

Each athlete should have a unique set of tools to utilise post training.

This should include:

- Good hydration and fueling strategies .
- Post training mobility/ stretching.
- Adequate sleep : 8+ hours per night and additional daytime napping.
- Use of recovery tools- foam roller, normatec boots, massage gun, trigger point release .
- Physio/ physical therapy.



# POST RUN RECOVERY/ INJURY PREVENTION

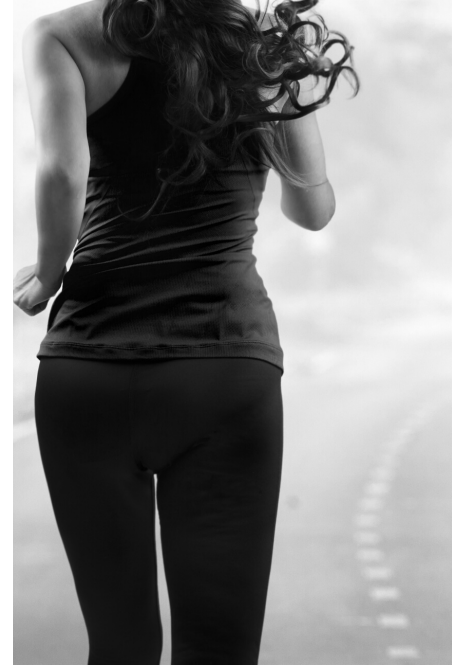


Other useful tools may include:

- Using a training diary to record training, resting heart rate, mood, sickness, niggles.
- GP visits to check bloods and health status.
- Check in with coach at least once weekly.
- Getting nutritional advice from a registered sport dietician.

**Train Smart,  
Recover Hard,  
Adapt and Progress.**

# ADDITIONAL RESOURCES



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**AAI TRACK FIT INJURY PREVENTION PROGRAM**

STRENGTH - FLYOMETRICS - BALANCE - 10 MINUTES

<b>1</b> SQUATS THREADED CLAM	<b>10</b> GLUTES THREADED ABDUCTION	<b>19</b> GLUTES THREADED OMA WALKS
<b>2</b> THE BLANK LUNGE	<b>11</b> THE BLANK LUNGE LEFT AND HOLD	<b>20</b> THE BLANK LUNGE LEFT AND HOLD
<b>3</b> THE SIDE PLANK	<b>12</b> THE SIDE PLANK KNEE & LOWER HIP	<b>21</b> THE SIDE PLANK KNEE & LOWER HIP
<b>4</b> HAMSTRINGS REVERSE	<b>13</b> HAMSTRINGS INTERMEDIATE 15	<b>22</b> HAMSTRINGS ADVANCED
<b>5</b> SQUATS FULL DEPTH GONLET	<b>14</b> SQUATS FULL DEPTH PUSHER	<b>23</b> SQUATS FULL DEPTH OVERHEAD
<b>6</b> LUNGES SPLIT SQUAT	<b>15</b> LUNGES WALKING LUNGE	<b>24</b> LUNGES 3 POINT LUNGE
<b>7</b> CALFS HEEL GOLF RAISE	<b>16</b> CALFS HEEL GOLF RAISE	<b>25</b> CALFS HEEL GOLF RAISE
<b>8</b> JUMPS COUNTER MOVEMENT JUMP	<b>17</b> JUMPS LANE JUMPS	<b>26</b> JUMPS LANE JUMPS WITH KNEE RAISES
<b>9</b> HOPS FORWARD HOP & HOLD	<b>18</b> HOPS LATERAL HOP & HOLD	<b>27</b> HOPS DIAGONAL HOP & HOLD
<b>10</b> AEROBICS PODS - DOUBLE LEG	<b>19</b> AEROBICS PODS - SINGLE LEG	<b>28</b> AEROBICS PODS - LEFT LEG PODS - RIGHT LEG COMBO

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