



This week's focus:



Strength

- 1 Developing a strong level of balance
- 2 Learning the importance of glute firing when running



Running

- 1 Developing cadence running
- 2 Build on the base level built in Level One

Your Level 2 instructions

Before starting this session, make sure you carry out a thorough warm up, and remember to do your cool-down routine at the end. Examples of these routines can be found in your bonus video material. If for any reason you feel unwell or experience any pain during these exercises, please stop immediately and seek medical attention if required.

LEG STRENGTH

Squat

Level 2	Set 3	Reps/duration 14	Recovery 20 secs
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Lunge Walk

Level 2	Set 3	Reps/duration 14	Recovery 20 secs
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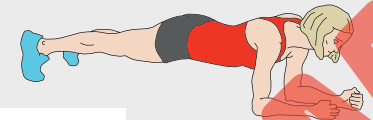


2

CORE STRENGTH / GLUTE STRENGTH

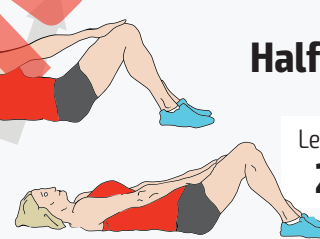
Plank

Level 2	Set 3	Reps/duration 45 secs	Recovery 20 secs
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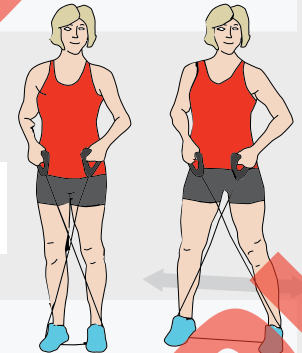
Half Sits

Level 2	Set 3	Reps/duration 14	Recovery 20 secs
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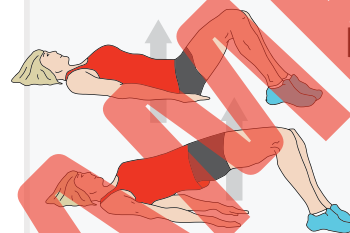
Lateral Walk (with band)

Level 2	Set 3	Reps/duration 14 E/S	Recovery 20 secs
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Bridge

Level 2	Set 3	Reps/duration 14	Recovery 20 secs
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RUN BETTER TV

LEVEL 2 WEEK 3

This week's focus:



Strength

- 1 Building a good base level of strength
- 2 Specifically concentrating on strength in the hip and core area



Running

- 1 Developing cadence running
- 2 Build on the base level built in level one

SKILLS / DRILLS

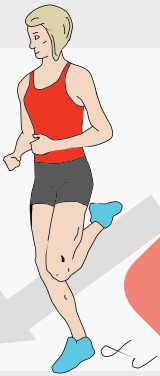
Lateral Run Through

Level
2

Set
3

Reps/duration
30 secs E/S

Recovery
20 secs



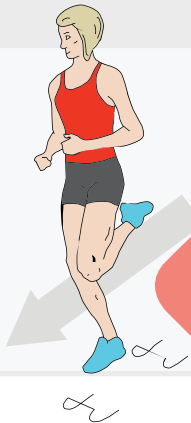
Single Leg Heel Tuck

Level
2

Set
3

Reps/duration
30 secs E/S

Recovery
20 secs



Two Footed Jumps

Level
2

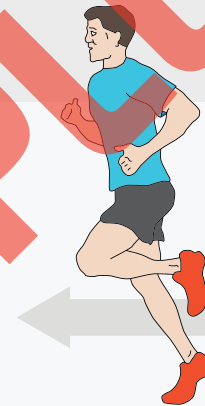
Set
3

Reps/duration
40 secs

Recovery
20 secs

3

4



RUNNING EXERCISE



Run to metronome (10% higher cadence)

Instructions
1st 10 mins of every scheduled run

Important! Remember to....

- 1 Watch your Level 2 video all the way through before you start so that you understand how to complete all the exercises.
- 2 Place your agility hurdles with a gap of around 12 inches between each hurdle. Do not be tempted to space them further out or closer together!
- 3 Download a metronome app for your phone or purchase a pocket size metronome. Always have it playing out loud. Do not use headphones as this will confuse your running.