

West Forsyth High School
Girls Cross Country
UNBREAKABLE WORKSHOP

Introduction and Purpose:

Coach Griffith and Coach Tillery asked us to come today and work with you to give you tools that will make running more enjoyable and make you UNBREAKABLE! Their goal is to keep the entire girls' team healthy and able to train appropriately hard to increase the teams' chances of winning State! And what's better than winning?!?!

Who Are We?

Symantha Reenders – aka- Sam is an All American College Basketball player. She qualified and competed in the Nationals for Adventure Racing 2 times. Sam has run 15 marathons, including qualifying for and competing at Boston 2015. She is a 2 time Ironman triathlete and a runner for 30 years.

Amy Griffith – Coach Griffith's older sister. Amy is a lifelong runner with 30 Peachtree Road Races under her belt. She has completed 7 marathons, including 3 Boston Marathons. Amy is a 3 time Ironman triathlete.

More importantly, we are both physical therapists. We work daily with athletes like yourselves to rehab from injuries. And we can give you tools to help prevent most of these injuries!

Why Hip and Core strengthening is so important

Why are we teaching hip and core exercises when most of your injuries are of the knee, shin or foot? Simply because weak core and hip muscles are most often the cause of your knee, shin or foot pain!

Each time your foot hits the ground, the muscles of that hip must be strong enough to keep your pelvis in a neutral position and your knee in a neutral position. This becomes even more important as you fatigue later in a run or race.

So, here's a list of exercises that will help keep you UNBREAKABLE!

Myrtles

Runner's Touch

Hot Salsa

Walking lunges

Planks

Single Leg Stance 4 ways

Bridge – single leg bridge

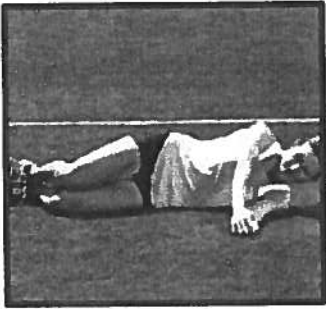
Supermans

Hip Flexor Stretch in ½ Kneeling

Myrtl Routine

The Myrtl routine gets its name because it focuses on your "hip girdle". All the exercises in this routine either strengthen or help provide a greater range of motion in this area.

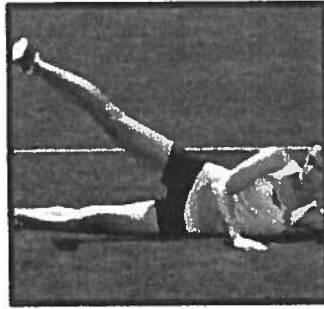
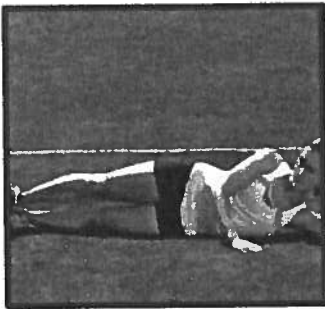
1. Clams



x 20 per side
Be sure not to let top hip roll back.

Lie on your side and make a 45-degree angle with your knees. Bending from the hip, move your leg up to 60 degrees, making your legs look like a clamshell opening up. Lower and repeat. Complete 8 reps on each side.

2. Lateral Leg Raise



x 15 per side

Lie on your side with your leg straight. Lift your leg to 45 degrees and then lower. Complete 5 reps with a neutral foot, 5 reps with your toe pointed toward the ground and 5 reps with your toe pointed to the sky.

5. Fire Hydrant



x 10 per side

Start in a table position. Lift your leg so that your knee, lower leg and foot are at the same height as your back. Complete 8 reps on each side.

3. Donkey Kicks



x 10 per side

Start in a table position. Bring one knee as close to your chest as possible, then kick your foot back and try to "hook" your foot over your back. Complete 8 reps on each side.

6. Knee Circle, Forward



x 10 per side

Start in a table position, but with your knees at a 45-degree angle. Lift your leg so that your knee, lower leg and foot are at the same height as your back and make a circular motion with the knee. Complete 5 reps then switch legs.

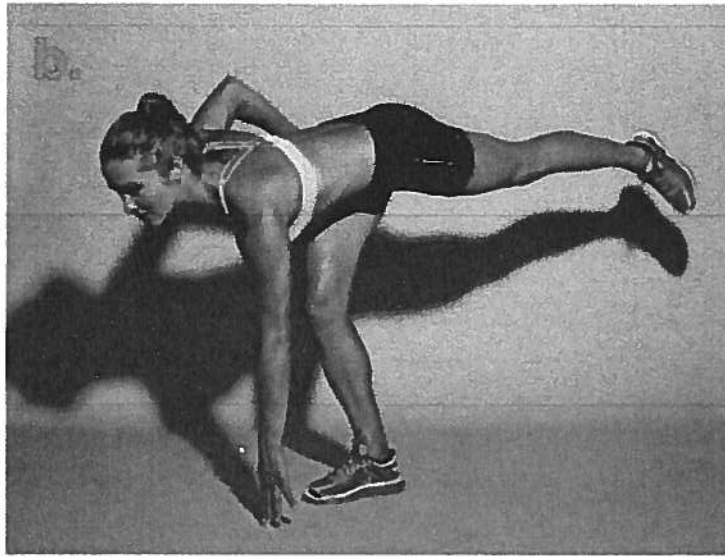
7. Knee Circle, Backward



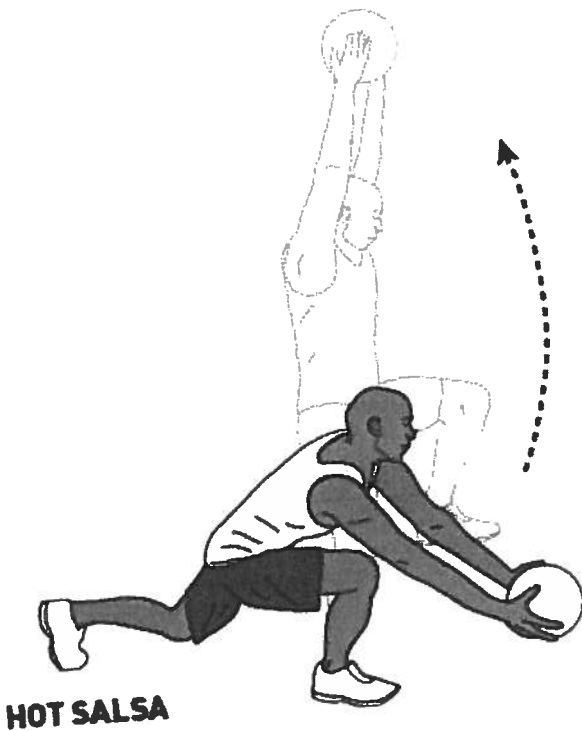
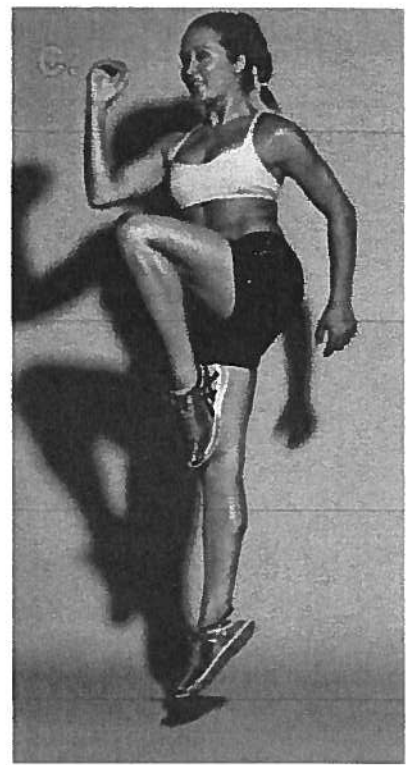
x 10 per side

Start in a table position, but with your knees at a 45-degree angle. Lift your leg so that your knee, lower leg and foot are at the same height as your back. Reach your leg back, then sweep your leg down to make a circular motion with your knee. Complete 5 reps then switch legs.

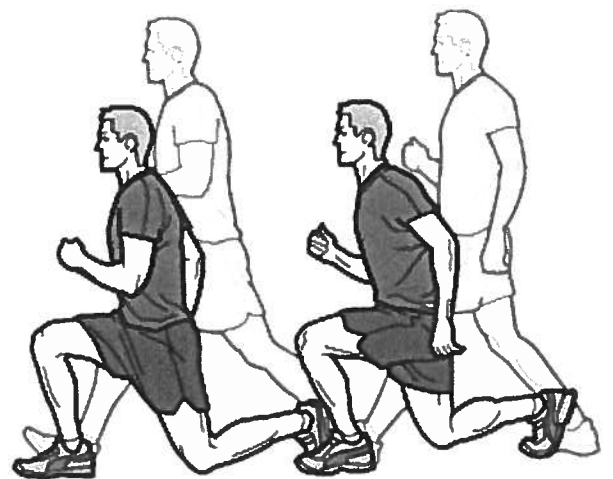
Runner's Touch



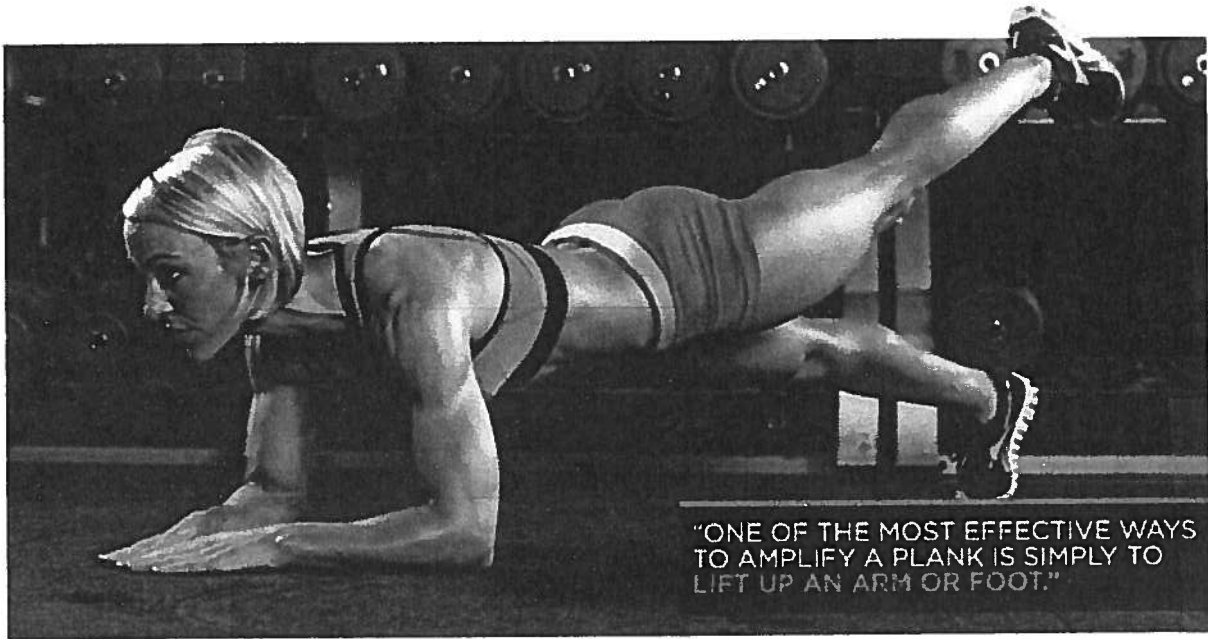
Slow and controlled x 5 each side



Slow + controlled
x5 each side



10 step forward. Turn around.
10 steps to return.

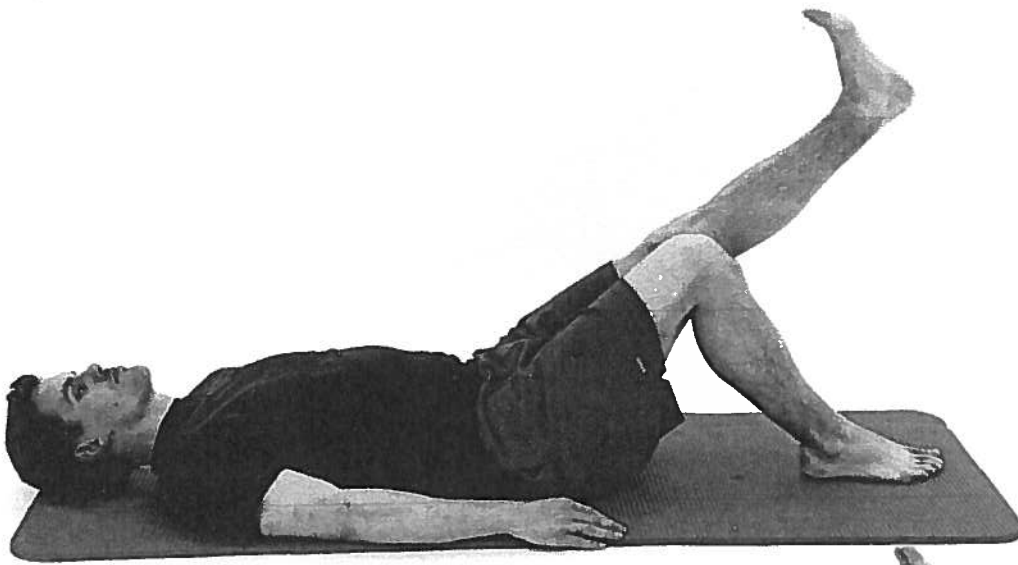


2 x 1min w/ 5seconds alternating
hip extension.

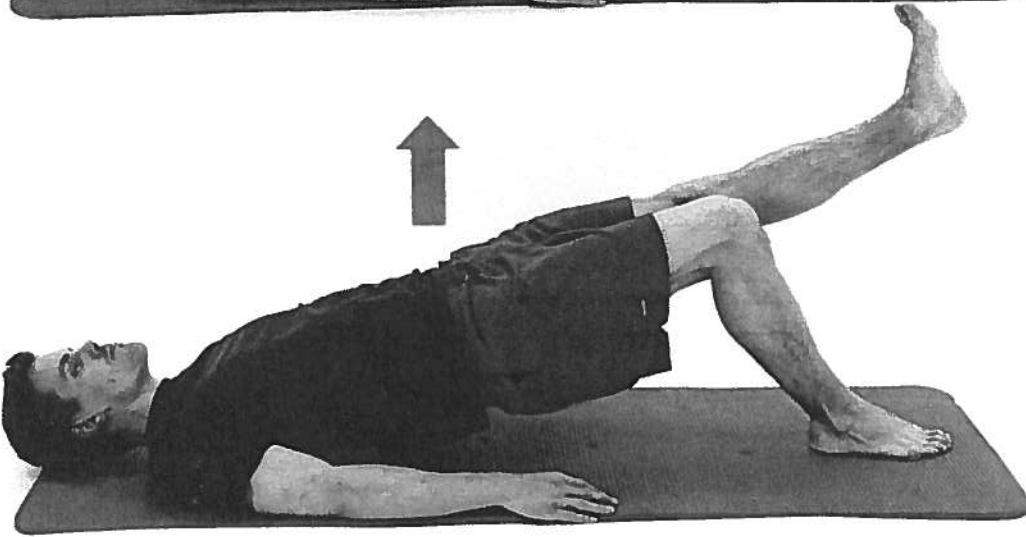
Single Leg Stance w/ high 30 sec. ea. side

Single Leg Stance w/ thighs parallel, knee bent back,
30sec. ea side

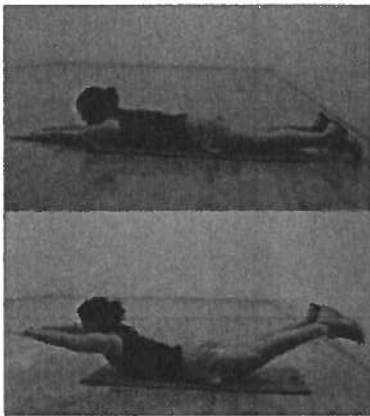
Repeat above with swinging arms




Level 1.
 Bridge up w/ both legs, then alternately extend knees x 10.

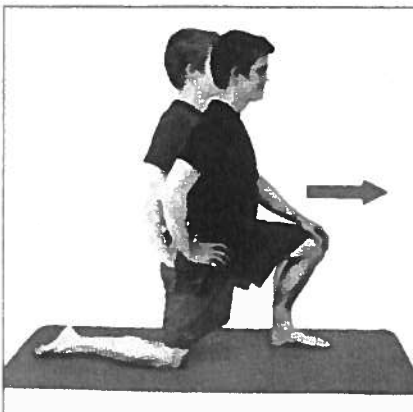



Level 2.
 Bridge up w/ one leg extended and hold 30 seconds.
 Do each leg 3 times



Prone Superman 
 Start laying face down on the floor, legs out and arms out straight. Keeping your core tight, lift your arms and legs off the floor, hold for a few seconds, then lower back down.

x 10



HALF KNEEL  **FLEXOR STRETCH**
 While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.
 15sec x 3
 each side