


<b>DURABILITY PROGRAM</b> ➔							
Name							
Steve	Prefontaine						
Member Folder							
Training Log		Assigned PT					
<a href="https://drive.google.com">https://drive.google.com</a>		blake@backroadsendurance.com					
-- SCHEDULE NEXT SESSION --		Member Email					
		admin@backroadsendurance.com					
		Current Injury					
		Shin					
		Support Team					
		coach@prefontaine.com, mom@prefontaine.com					
PURCHASE:		<a href="#">Voodoo Floss</a>	<a href="#">Foam Roller</a>	<a href="#">Mobility Ball</a>	<a href="#">Mini-Band (easy)</a>	<a href="#">Mini-Band (Medium)</a>	<a href="#">Long Band</a>

**PROGRAM NOTES**

This program is intended to build strength in the Durability Focus areas listed above. Strength work is the most protective tool you have against running injuries - so practice this routine, become efficient with it, make it part of your weekly schedule. The reps & sets prescribed below are simply guidelines. Approach each exercise with the intent of getting a good burn and activation of the muscle being worked.

Training needs to be **flexible** and fit your life. This list is comprehensive, and if you have time for everything that's awesome. But if you're limited on time or motivation, pick 1-2 mobility movements, 2-4 strength movements, and just get the work in. **Consistency, over time**, trumps all.

MOBILITY WORK			
<i>Mobility work can be done daily. It's crucial before a run and a "nice to have" before your strength workout.</i>			
<i>1-2 sets, 3-7x/week. Gentle, explore your range, don't push through pain</i>			
<i>Mobility is broken into 2 areas - <b>Soft Tissue Mobility</b>, and <b>Joint Mobility</b>. Start with soft tissue work, finish with joint mobility.</i>			
Soft Tissue Mobility			
Lacrosse Ball to Calf & Inside shin area	x 45sec - 2min	<a href="#">Link</a>	<i>Search around until you find some tender muscle spots. Pause on these spots and let the pressure do the work, let the lacrosse ball sink in. You can also add some movements to the arm while applying pressure.</i>
Foam Roll Calf	x 45sec - 2min	<a href="#">Link</a>	<i>Position the foam roller at the top of your calf and roll it towards the right or left. When you feel a tender spot, allow the foam roller to press into it. Afterward, move to the middle of the calf and repeat the process. Finally, roll down to the lower calf and repeat.</i>
Calf Stretching	x :45sec - 2min	<a href="#">Link</a>	<i>You should feel this in the upper part of the calf.</i>
<i>^^ Things like massage guns, rolling sticks, cupping, etc, are also considered "soft tissue mobility" and can be helpful. Be gentle, find &amp; work through tender areas.</i>			
Joint Mobility			
Ankle Sits	x :30sec - 2min	<a href="#">Link</a>	<i>Should feel a good stretch on the top of the foot / ankle. If it's too much, don't lean back quite as far. Variations: 1) roll side to side, 2) pull each knee up in alternating fashion</i>
Leg Swings for Ankle Mobility	x :30sec each leg	<a href="#">Link</a>	<i>This is a great mobility drill for the hips, but also for the ankle. Use the swinging leg as a pendulum for momentum and drive the ankle into pronation/supination (side to side mobility).</i>
3-way Ankle Dorsiflexion	x :30sec each leg	<a href="#">Link</a>	<i>Great mobility movement for the spine as well as the hips. Hips stacked, shoulder stacked, top leg up to the chest and pin it down with your top arm. Exhale and rotate the top shoulder back behind you.</i>
90/90 hip stretch + rotations	x :45sec + 5x rotations	<a href="#">Link</a>	<i>Should feel a good stretch in the front leg glute during the first part of this movement. On the rotations, exhale as you rotate through and feel a nice mobilization of the low back.</i>

DURABILITY WORK				
<i>3-5 sets, 3-5x/week. Feel a good burn and/or muscle "activation" with each movement</i>				
<b>SET 1: CIRCUIT</b> - go from one exercise to the next				
<b>PICK ONE --&gt; based on the equipment you have available</b>	Calf Raise - Static Hold on Leg Press, HEAVY (as heavy as you can manage)	x :45sec each leg	<i>no video yet</i>	<i>On a leg press machine, perform a single leg calf raise and HOLD that calf raise for :45sec. The heavier the weight, the better. You should feel this in your calf/achilles/foot. If it starts to get too tough, you can use your opposite leg for some support, but the goal is to go for the full :45sec</i>
	Single Leg Calf Isometric x heaviest weight you can manage	x :45sec each leg	<i>no video yet</i>	<i>Hold a heavy kettlebell, or fill up a backpack with heavy things (dumbbells, cans of soup, etc). Go up on the toes, stay in a pain-free range, and hold that position for the prescribed time.</i>
Banded Dorsiflexion	x :45sec	<a href="#">Link</a>	<i>Seated in a chair/bench. Band around both toes. One foot down on the floor as the anchor. Pull the other knee to the chest, and pull the toes up to the shin and slowly lower back down - repeat and feel a good burn on the front of the shin.</i>	
Banded Big Toe Flexion	x :45sec	<a href="#">Link</a>	<i>Put the band around the furthest portion of the big toe add some tension to the band. Flex the big toe against the band. Should feel a good burn in the arch.</i>	
Banded Inversions	x :45sec	<a href="#">Link</a>	<i>Light / medium weight mini band around the toes. Should feel gentle activation in the middle shin. Go until you feel tired.</i>	
Single Leg Balance with Kettlebell	x :45sec each leg	<a href="#">Link</a>	<i>Strong through the core and hips, balance on a single leg. Soft bend in the knee to get the quad more engaged. To make this more challenging, grab a 10-25# weight and pass it back and forth</i>	