

OATCCC 2012 Clinic - 13 week General Strength and Mobility (GSM) progression

Lunge Matrix (LM)

- The Lunge Matrix warm-up comes from physical therapist Gary Gray - <http://www.grayinstitute.com> .
- You work in all three planes of motion.
- The more you run, the more you tend to be good in one plane (the sagittal plane).
- You'll be sore the first 3-4 times following this warm-up
- After 7-10 days, no soreness; after 3-4 weeks you won't feel "right" without doing this warm-up prior to a run.
- Video of Lunge Matrix: <http://www.coachjayjohnson.com/2010/04/lunge-matrix-as-warm-up/>

Lateral Lunge Warm-Up (LL)

- More challenging than the Lunge Matrix, so use it after the workout for the first 1-2 weeks before using it as part of the warm-up.
- After 7-10 days, no soreness.
- This is assigned daily as part of the warm-up,
- LM and LL take less than 5 minutes.

Videos of LL, Myrtl, Cannonball and Grant Green can be found here: Eight Week General Strength progression: <http://www.coachjayjohnson.com/2011/11/eight-week-general-strength-progression/>

Myrtl

- 1 Clams x 10
- 2 Lateral leg raise x 12 (toe in, neutral, toe out x 4)
- 3 Donkey Kicks x 10
- 4 Donkey Whips x 5
- 5 Fire Hydrant x 10
- 6 Knee Circles Forward x 10
- 7 Knee Circles Backward x 10

Move to wall

- 8 Hurdle Trail Leg Forward x 10
- 9 Hurdle Trail Leg Backward x 10
- 10 Lateral Leg Swing x 10
- 11 Linear Leg Swing, Straight Leg x 10
- 12 Linear Leg Swing, Bent Knee x 10

Cannonball Adderley Cool Down

- 1 Donkey Kicks x 10
- 2 Scorpions x 20
- 3 Rockies x 5
- 4 Donkey Whips x 5
- 5 Lower Body Crawl (Prone) x 10
- 6 Iron Cross x 20
- 7 Australian Crawl x 20
- 8 Side Pedestal, Leg Lift x 5
- 9 Groiners x 10
- 10 Hurdle Seat Exchange x 10

Move to a wall

- 11 Quick Leg Cycle (good heal recovery) x 5
- 12 Hurdle trail-leg forward x 5
- 13 Hurdle trail-leg backward x 5
- 14 Lateral leg swing x 10
- 15 Linear leg swing x 10

Grant Green Cool Down

- 1 Donkey Kicks x 10
- 2 Scorpions x 20
- 3 Iron Cross x 20
- 4 Side Leg Lift x 24 (toe in, neutral, toe out x 8)
- 5 Rockies x 5
- 6 Donkey Whips x 5
- 7 Lower Body Crawl (Prone) x 10
- 8 Scorpions x 20
- 9 Iron Cross x 20
- 10 Australian Crawl x 20
- 11 Side Pedestal, Leg Lift x 20 (10 x each side)
- 12 Groiners x 20 (tempo WU - Vol.1)
- 13 Hurdle Seat Exchange x 10 (tempo WU - Vol.1)
- 14 Rockies x 5
- 15 Russian Hamstring x 50 (25 on each leg)
- 16 L-Ups (from Teak)
- 17 Low-level twist x 40 (Mahogany)
Move to a wall
- 18 Quick Leg Cycle (good heal recovery) x 5
- 19 Hurdle trail-leg forward x 5
- 20 Hurdle trail-leg backward x 5
- 21 Lateral leg swing x 10
- 22 Linear leg swing x 10

Sleepy Time

- 1 Superman x 10
- 2 Scorpions x 20
- 3 Iron Cross x 20
- 4 Donkey Whips x 5
- 5 Lower Body Crawl (Prone) x 10
- 6 Side Leg Lift x 24 (toe in, neutral, toe out x 8)
- 7 Groiners x 20
- 8 Donkey Whips x 5
- 9 Groiners x 20
- 10 Gentle...Cat-back, sway-back x 10 (5 of each)
- 11 4 min of Foam roller

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Week	Monday	Tuesday	Wed	Thurs	Friday	Saturday	Sun
March 5th - don't race, train.	Pre - nothing Post - Lunge Matrix (LM) and Myrtl	Pre - LM Post - Pedestal and Back	Pre - Myrtl Post - LM	Pre - LM Post-Myrtl	Pre - Myrtl Post - LM, Back	Pre - LM Post - Back an Myrtl	Off
March 12th - Training trumps racing	Pre - LM Post - LL and Myrtl	Pre - Myrtl Post - LM, LL, Pedestal, Back	Pre - LM Post - Myrtl	Pre - LM Post-Myrtl	Race 1,600m and 4 x 400m	Pre - LM Post - LL, Ped. Back	Off
March 19th - Training trumps racing	Pre - LM, LL Post - Cannonball	Pre - LM Post - LL, Ped. , Back and Myrtl	Pre - LM Post - Back and Myrtl	Pre - LM Post-Myrtl	Race 800m and 4 x 400m	Pre - LM Post - LL, Ped. Back	Off PM - sleepy
March 26th - don't race, train	Pre - LM, LL Post - Ped, Cannonball	Pre - LM, LL Post - Leg Cir 1, Ped, Back, Myrtl	Pre - LM Post - Myrtl	Pre-LM,LL Post-Myrtl	2x4x400m with 1 min and 5 minutes	Pre - LM, LL Post - Cannonball	Off PM - sleepy
April 2nd - Training trumps racing	Pre - LM, LL Post - Ped, Cannonball	Pre - LM, LL Post - Leg Cir 1, Ped, Back, Myrtl	Pre - LM Post - Myrtl	Pre-LM,LL Post-Myrtl	Race 1,600m and 4 x 400m	Pre - LM, LL Post - Cannonball	Off PM - sleepy
April 9th - Training trumps racing	Pre - LM, LL Post - Leg Cir 1, Ped, Back, Myrtl	Pre - LM, LL Post - Leg Cir 1, Ped, Back, Myrtl	Pre - LM Post - Cannonball	Pre-LM,LL Post-Myrtl	Race 800m and 4 x 400m	Pre - LM, LL Post - Cannonball	Off PM - sleepy
April 16th - don't race, train	Pre - LM, LL Post - Ped, Grant Green	Pre - LM, LL Post - Leg Cir 1, Grant Green	Pre - LM Post - Myrtl	Pre-LM,LL Post-Myrtl	2x4x400m with 1 min and 5 minutes	Pre - LM, LL Post - Grant Green	Off PM - sleepy
April 23rd - Big Invite. Practice big meet week	Pre - LM, LL Post - Leg Cir 1, Ped, Back, Myrtl	Pre - LM, LL Post - Back and Myrtl	Pre - LM Post - Cannonball	Pre-LM,LL Post-Myrtl	Wayne Invite - 1,600	Pre - LM, LL Post - Grant Green	Off PM - sleepy
April 30th - Dense week of training	Pre - LM, LL Post - Ped, Cannonball	Pre - LM, LL Post - Leg Cir 1, Grant Green	Pre - LM Post - Cannonball	Pre-LM,LL Post-Myrtl	Practice the 800m/1,600m Double in a meet. What's the Warm-Up for each?	Pre - LM, LL Post - Grant Green	Off PM - sleepy
May 7th - Make Friday a big day: Tues is controlled	Pre - LM Post - Cannonball	Pre - LM, LL Post - Leg Cir 1, Grant Green	Pre - LM Post - Back and Cannonball	Pre-LM,LL Post-Myrtl	Pre - LM, LL Post - Leg Cir 1, Grant Green	Pre - LM, LL Post - Grant Green	Off PM - sleepy
May 14th - Two races. Mon/Tues is a tough double, but doable.	Pre - LM, LL Post - Ped, Cannonball	Pre - LM, LL Post - Grant Green	Pre - LM Post - Ped, Grant Green	Pre-LM,LL Post-Myrtl	District - Race	District - Two races (1,600m and 4x400m)	Pre-LM,LL Post-Myrtl
May 21st - Two races	Off - watch YouTube races Sleepytime	Pre - LM, LL Post - Grant Green	Pre - LM Post - Cannonball	Pre-LM,LL Post-Myrtl	Regional - shake out	Regional - Two races	Pre-LM,LL Post-Myrtl
May 28th - Two races	Off - watch YouTube races Sleepytime	Pre - LM, LL Post - Grant Green	Pre - LM Post - Cannonball	Pre-LM,LL Post-Myrtl	State - Shake out	State - Two races	