

<https://coachjavyjohnson.com/building-a-better-myrtle/>

Phase 1 Easy Day

Core Strength

Planks: 10 seconds each - classic prone position; side planks, each side, classic prone position

Hip Strength

Double hip bridges (6)

Clams: 6 each side/each move - classic position, reverse, and reverse air

Lateral leg raises: 6 each side- performed toe pointed in, neutral position, and pointed out

Side walk squats

Hip Mobility

Donkey kicks and whips: 8 each side/each move

Fire hydrants: 8 each side

Knee circles: 8 each side/position- forward and then backward

Cat-cows: 5 cycles

Phase 1 Hard Day

Core Strength

Planks: 20 seconds each - prone position, side position/each, supine position (10 seconds), side position,/each, prone position

Hip Strength

Split squats: 5 each leg

Side walk squats: 5 each leg

Good mornings: 8

Bird dogs: 5 each side

Clams: 8 each side/each move- classic position, reverse, and reverse air

Lateral leg raises: 8 each side- performed toe pointed in, neutral position, and pointed out

Hip Mobility

Donkey kicks/whips: 8 each side, each move

Fire hydrants: 8 each side

Knee circles: 8 each side/position- forward and then backward

Cat-cows: 5 cycles

Phase 2 Easy Day

Core Strength

Planks: 20 seconds each - prone position, side position/each, supine position (10 seconds), side position,/each, prone position

Hip Strength

Single leg bridges: 8 each leg

Clams: 8 each side/each move - classic position, reverse, and reverse air

Lateral leg raises: 8 each side- performed toe pointed in, neutral position, and pointed out

Hip Mobility

Donkey kicks and whips: 8 each side/each move

Fire hydrants: 8 each side

Knee circles: 8 each side/position- forward and then backward

Lower body crawl x 10

Iron cross x 10
Australian crawl x 10
Iron cross X 10
Groiners x 10
Cat-cows: 5 cycles

Phase 2 Hard Day: check YouTube video for

Lunge matrix for runners

Forward: 5 each leg
Lung with a twist: 5 each leg
Lateral lunge: 10 each leg
Back and to side lunge: 10 each leg
Backwards lunge: 10 each side

Leg swings (component of tradition MYRTLs routine) before each run

Forward- backward: 10 each leg
Side to side: 10 each leg
Hurdle trail leg forward and backward: 10 each leg, each move
Side to side bent knee: 10 each leg
Forward-backward faster and bent/higher knee) 10 each leg