**White Progression - Pre-Run and Post-Run**

***White Progression - Hard Day***

**Pre-Run**

**Dynamics Routine:**

1. Low skips “Forward”
2. Low skips “Backward”
3. Side Shuffles
4. High Knee Carioca
5. Backward and forward Lunges with a twist
6. High Knees
7. Butt-kicks
8. A-Skips
9. Standing fire hydrants
10. Goose Steps

**Leg Swings Routine:**

1. Forward-backward x 10

2. Side to side x 10

3. Hurdle trail leg forward x 10

4. Hurdle trail leg backward x 10

5. Bent-knee Side to Side x 10

6. Bent-knee forward-backward x 10

**Post-Run**

**Mini-Band Routine:**

1. Big Steps x 4 (forward/backward)

2. Monster Walk x 4 (forward/backward)

3. Lateral step x 4 (down and back - band at

ankle)

4. Half squat lateral step x 4 (down back - band

at thigh)

**General Strength and Mobility**

**Lunge Matrix** (forward lunges, sideways lunges, Backwards/side lunges) + Easy Day Core