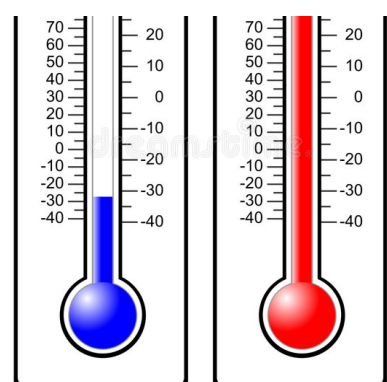




Temperature



Bike

Running

Slideboard

Stairs

Ladders

Cone displacements

Mini soccer ball games

Mobility



<https://www.youtube.com/watch?v=nPHfEnZD1Wk>

Downward dog to runner's lunge

Inchworm

Dynamic squat stretch

Crescent to hamstring stretch

Half kneeling hamstring stretch

World's greatest stretch

Half Kneeling thoracic rotation

Kneeling thoracic rotation (avant-bras en contact avec le dos)

Side to side lunge with reach

Standing calf and hamstring stretch

Hamstring and thoracic rotation

Squat push up

Hurdles

Kneeling lat and thoracic extension

IT band stretch

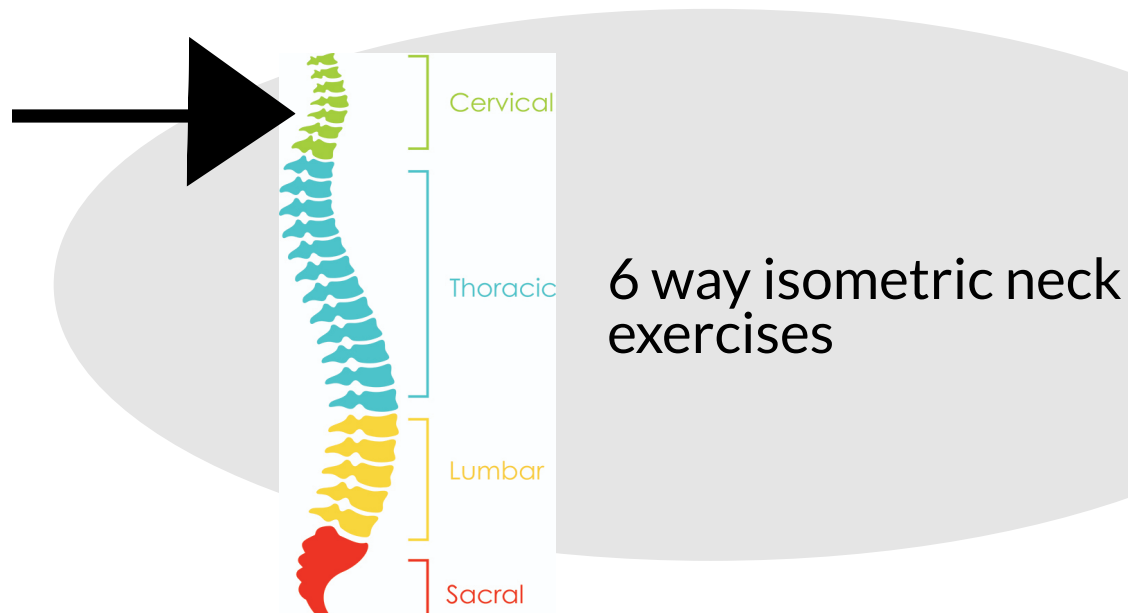
Walking quad stretch

Walking high knee stretch

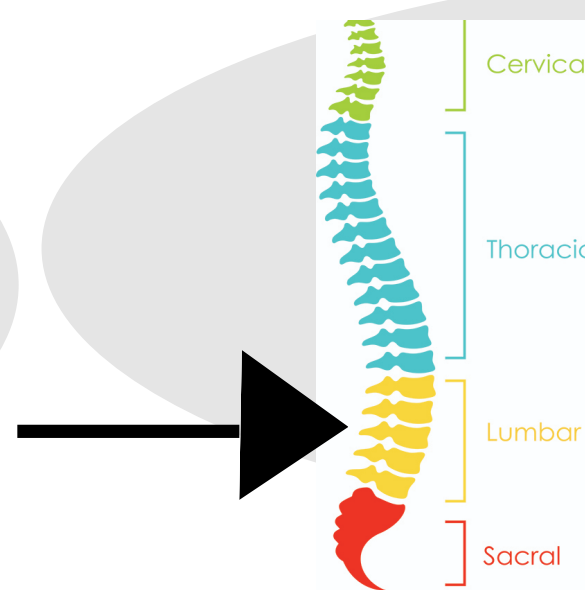
Muscular activation



Write the exact name on youtube to know the exercise



6 way isometric neck exercises

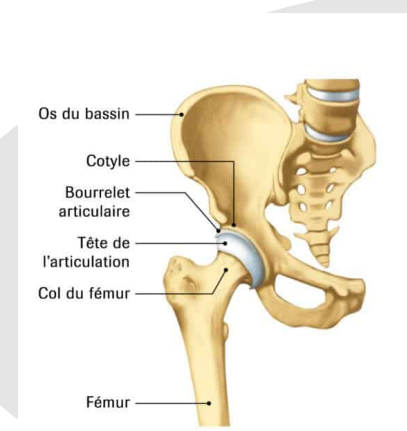


Anterior oblique sling exercise progression

Posterior oblique sling exercise progression

Child's pose - with lat stretch

Child's pose to cobra



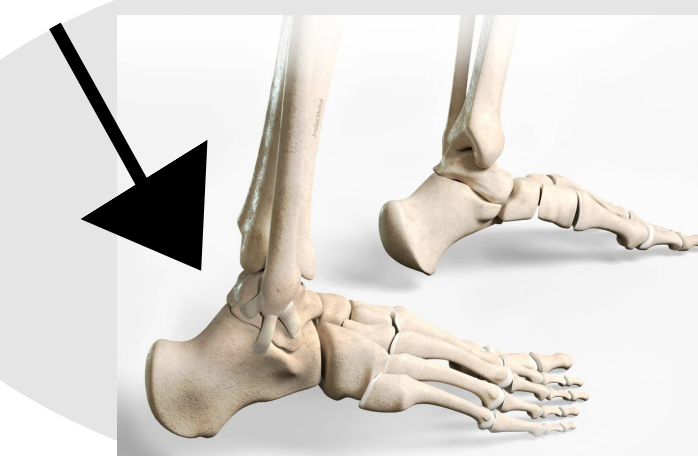
Banded knee drive

Lateral band walk

Pigeon pose with circles

Adductor rock back

90-90 hip switch

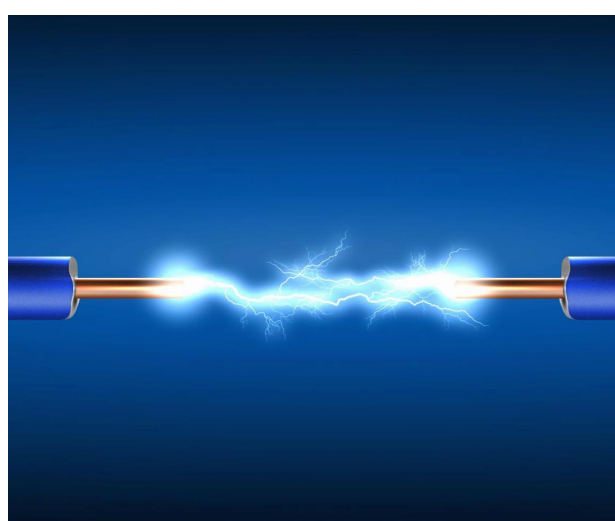


- Ankle dorsiflexion
band mobilization
- Heel and toe walk

Neuromuscular



Write the exact name on youtube to know the exercise



On a 10-20 meters distance or 10-15 seconds :

15-30 sec break between each exercises

Variations : Forward, backward, sideway

High knee run

Drills: butt kick

Skip A (high knees)

Countermovement jump

Stairs workout for speed & Agility

Dot drill sequence

15 Fast Footwork Exercises (Ladders)

Sprint

Recovery



Write the exact name on youtube to know the exercise

Child's pose - with lat stretch

Bretzel stretch

Half kneeling psoas stretch

Standing QL stretch

Piriformis stretch

Calf and hamstring stretch

Bike(really light)

Active

AFTER THE LAST RACE OF THE DAY



In the next 30 mins

Nutrition	E.g. 1: Pita and hummus / tuna E.g. 2: Greek yogurt and fruit E.g. 3: chewy protein bar, E.g. 4: smoothie E.g. 5: chocolate milk
Recovery	A. Light stretches held 3x30sec/muscle group (target 2-3 tighter groups) B. Foam roller/massage gun 5-10 mins Goal: release muscle tension

Dinner

Nutrition	E.g. 1: Shrimp stir-fry (rice, vegetables, nuts) E.g. 2: Chili with meat or beans (pita, vegetables, avocado) E.g. 3: Pasta with sauce (meat / chicken /salmon, vegetables)
Recovery	Cold bath 1x10-15 minutes after dinner Sleep: Minimum 8 hours of bedtime