

RIVER NATION CROSS COUNTRY

Post-Run Strength and Mobility Routines

These routines are designed to be completed immediately after your run, while your heart rate is still elevated. Complete each exercise in the assigned routine for the designated amount of time. Do not count the number of repetitions that you are completing. Instead, focus on quality and precision for each exercise.

Blue

1. [Front Plank](#)
2. [Fire Hydrants - both sides](#)
3. [Side Plank - both sides](#)
4. [Clams - both sides](#)
5. [Knee Circles Forward - both sides](#)
6. [Reverse Clams - both sides](#)
7. [Knee Circles Backward - both sides](#)
8. [Reverse Air Clams - both sides](#)
9. [Two Leg Hip Raises](#)
10. [Leg Lifts, straight toe - both sides](#)
11. [Donkey Kicks -both sides](#)
12. [Leg Lifts, toe down - both sides](#)
13. [Donkey Whips - both sides](#)
14. [Leg Lifts, toe up - both sides](#)
15. [Cat-Cow](#)

Red

1. [Split Squat - both legs](#)
2. [Good Morning](#)
3. [Walking Side Squat - both directions](#)
4. [Front Plank](#)
5. [Fire Hydrants - both sides](#)
6. [Side Plank - both sides](#)
7. [Bird-Dog](#)
8. [Pushups](#)
9. [Clams - both sides](#)
10. [Knee Circles Forward - both sides](#)
11. [Reverse Clams - both sides](#)
12. [Knee Circles Backwards - both sides](#)
13. [Reverse Air Clams - both sides](#)
14. [Pushups](#)
15. [Leg Lifts , straight toe - both sides](#)
16. [Donkey Kicks - both sides](#)
17. [Leg Lifts, toe down - both sides](#)
18. [Donkey Whips - both sides](#)
19. [Leg Lifts, toe up - both sides](#)
20. [Cat-Cow](#)

Yellow

1. [Front Plank](#)
2. [Fire Hydrants - both sides](#)
3. [Side Plank - both sides](#)
4. [Two Leg Hip Raises](#)
5. [Two Leg Hip Raises with Heel Walks](#)
6. [Single-Leg Hip Raises - both legs](#)
7. [Clams - both sides](#)
8. [Knee Circles Forward - both sides](#)
9. [Reverse Clams - both sides](#)
10. [Knee Circles Backward - both sides](#)
11. [Reverse Air Clams - both sides](#)
12. [Pushups](#)
13. [Leg Lifts, straight toe - both sides](#)
14. [Donkey Kicks -both sides](#)
15. [Leg Lifts, toe down - both sides](#)
16. [Donkey Whips - both sides](#)
17. [Leg Lifts, toe up - both sides](#)
18. [Iron Cross](#)
19. [Cat-Cow](#)
20. [Groiners](#)

Gray

1. [Forward Walking Lunge](#)
2. [Wide Outs](#)
3. [Backward Walking Lunge](#)
4. [Mountain Climbers](#)
5. [Wave Lunges](#)
6. [Good Morning](#)
7. [Front Plank](#)
8. [Fire Hydrants - both sides](#)
9. [Side Plank - both sides](#)
10. [Two Leg Hip Raises](#)
11. [Pushups](#)
12. [Single-Leg Hip Raises - both legs](#)
13. [Clams - both sides](#)
14. [Knee Circles Forward - both sides](#)
15. [Reverse Clams - both sides](#)
16. [Knee Circles Backward - both sides](#)
17. [Reverse Air Clams - both sides](#)
18. [T-Pushups](#)
19. [Leg Lifts, straight toe - both sides](#)
20. [Donkey Kicks -both sides](#)
21. [Leg Lifts, toe down - both sides](#)
22. [Donkey Whips - both sides](#)
23. [Leg Lifts, toe up - both sides](#)
24. [Cat-Cow](#)
25. [Grovers](#)

Routines above adapted from the SAM routine created by Coach Jay Johnson and Dr. Richard Hansen. Most of these links lead to their video demos. More info can be found at coachjayjohnson.com and rootsrunning.org.