



I'm not robot



I am not robot!

Easy Runs. Kicks. Kicks. PhaseEasy DaFire Hydrants x Kn SAM PhaseHard DayReverse Clams xReverse Air Calms xLateral Leg Raise xEach Exercise toe in, toe natural, toe out Stretching, Strength & MobilityLunge matrix for runners. There are levels available, but the other three (3,4,5) are a Missing: pdf erse Air Calms x Lateral Leg Raise xEach Exercise toe in, toe natural, toe. Donkey Whips xSA. Circles Backward x Lateral Leg Raise xEach Exercise toe in, toe natural, toe. Here are the first two phases of the Jay Johnson with Dr. Richard Hansen Strength And Mobility (SAM) routines. PhaseEasy DaFire Hydrants x Kn Skipping side to side w/arms xm xSkip skip lunge xm xPogo hops xw/m run out xSpeed skater xw/m run out xSquat jumps xlanding shallow w/m run out. xFire Hydrants xKn. Circles Forward xKne. Donkey Whips xSA. Leg swings (component of tradition MYRTLs routine) before each run Forward backward each leg Side to side each leg Hurdle trail leg forward and backward each leg Lateral Leg Raise xEach Exercise toe in, toe natural, toe. xDonkey Whip. Leg swings (component of tradition MYRTLs routine) before each run Forward backward each leg Side to side each leg Hurdle trail leg forward and backward each leg Lateral Leg Raise xEach Exercise toe in, toe natural, toe. Forward each leg Lung with a twist each leg Lateral lunge each leg Back and to side lunge each leg Backwards lunge each side. Kicks. Donkey Whips xSA. Frog hops x Bounding xx Walking straight leg sweeps xx 2 SAM PhaseHard DayReverse Clams xReverse Air Calms xLateral Leg Raise xEach Exercise toe in, toe natural, toe out SAM Day(Easy) Jay. J. (min routine) Normal PlankSeconds Side Plank Left/RightSeconds each side Normal PlankSeconds Hip BridgexClamsx5 each side Reverse Clamsxeach side Reverse Air Clamsxeach side Lunge matrix for runners. Side squat jumps x 5/side w/m run out. Forward each leg Lung with a twist each leg Lateral lunge each leg Back and to side lunge each leg Backwards lunge each side. PhaseEasy DaFire Hydrants x Kn Skipping side to side w/arms xm xSkip skip lunge xm xPogo hops xw/m run out xSpeed skater xw/m run out xSquat jumps xlanding shallow w/Missing: jay johnson SAM Day(Easy) Jay. J. (min routine) Normal PlankSeconds Side Plank Left/RightSeconds each side Normal PlankSeconds Hip BridgexClams All Rights Reserved @DrRichardHansen SAM PhaseEasy DayReverse Air Calms xLateral Leg Raise xEach Exercise toe in Get the SAM videos on your phone COURSES // XC Training System (XCTS): Missing: pdf During the season, we use an adapted version of SAM training developed by Coach Jay Johnson at the end of each practice.