

LEVEL 3 - STRENGTH

Gluteus medius activation using step

Important points:

- Hips must be aligned
- You must not lean to one side.
- There must be no rotation at pelvis.
- Knee must travel over second toe.

TRAINING PLAN

Monday & Thursday				
Posterior chain work	Reps	Sets	Rest	Tempo
Thrusters Single leg	15	3-5	60	1131
Goblet squat	5	5	60	3131
Reverse lunge (light load)	15 L & R	2 - 3	60	3131
Gluteus medius activation using step				
1. SL squat	8	4	0	2020
2. SL standing with abduction	8	4	0	2020
3. SL squat + abduction	8	4	0	2020
4. Running drill	8	4	0	2020
3 touch – download Metrotimer (free app)	Build up to 20 reps	3	60	Build to 180

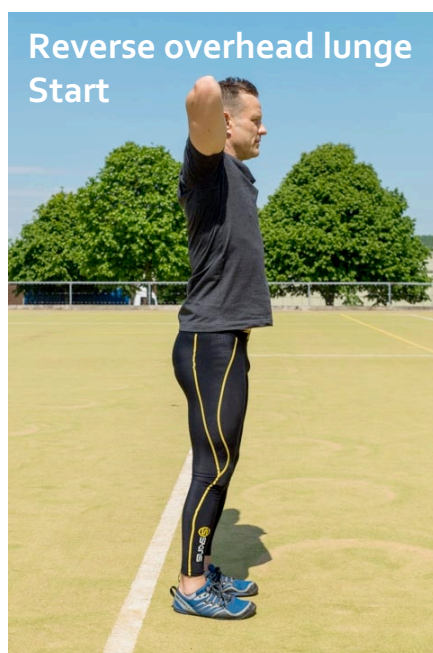
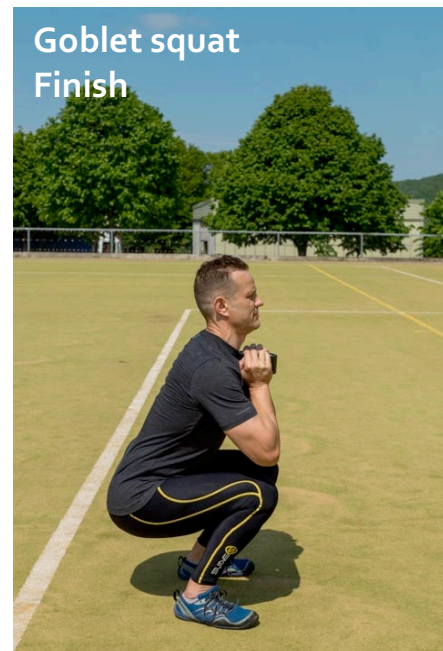
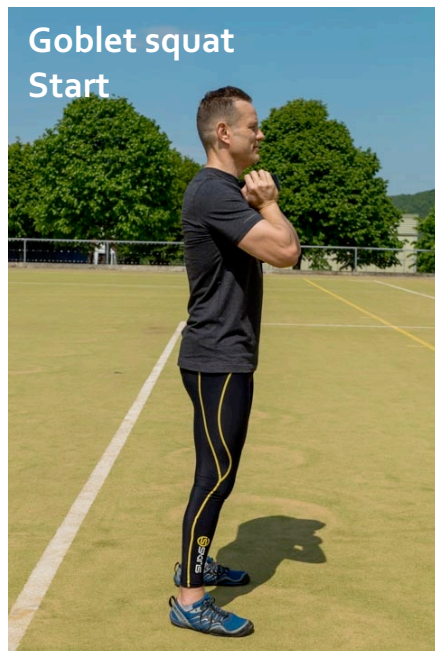
Tuesday & Friday				
Posterior chain work	Reps	Sets	Rest	Tempo
Farmers walk	40 m	5	60	
Nordic hamstring work	5+	5	60	3131
Runners touch	15 - 20	3	60	3131
Dynamic core				
1. Alternate knee to chest.	8 - 12	5	60	3131
2. Stirring the pot	8 - 12	5	60	3131
3. Alternate leg lift	8 - 12	5	60	3131
4. Knee to chest – ball under feet	8 - 12	5	60	3131
Side star	5 - 8	3 - 5	60	3131
Running drill	1 minute +	3 - 5	60	

TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
Posterior chain	Posterior chain	KLT	Posterior chain	Posterior chain
Gluteus medius strength	Dynamic core		Gluteus medius strength	Dynamic core
Goblet squats			Goblet squats	
CV as able.				

Mobility drills as directed by Physio

Posterior Chain strengthening work



Gluteus Medius Stability work

Step up



Abduction

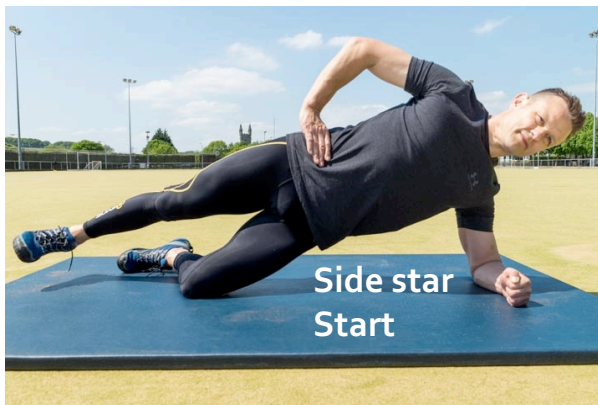


Squat +
abduction



Running
drill







Dynamic core

The following exercises are designed to challenge the stability function of the core, while maintaining good alignment. It is about training them to maintain the strength they have over long periods of time. If not specified otherwise, repeat each exercise 6 - 8 times in three sets.

