

# OATCCC 2012 Clinic - 13 week General Strength and Mobility (GSM) progression

## **Lunge Matrix (LM)**

- The Lunge Matrix warm-up comes from physical therapist Gary Gray - <http://www.grayinstitute.com> .
- You work in all three planes of motion.
- The more you run, the more you tend to be good in one plane (the sagittal plane).
- You'll be sore the first 3-4 times following this warm-up
- After 7-10 days, no soreness; after 3-4 weeks you won't feel "right" without doing this warm-up prior to a run.
- Video of Lunge Matrix: <http://www.coachjayjohnson.com/2010/04/lunge-matrix-as-warm-up/>

## **Lateral Lunge Warm-Up (LL)**

- More challenging than the Lunge Matrix, so use it after the workout for the first 1-2 weeks before using it as part of the warm-up.
- After 7-10 days, no soreness.
- This is assigned daily as part of the warm-up,
- LM and LL take less than 5 minutes.

Videos of LL, Myrtl, Cannonball and Grant Green can be found here: Eight Week General Strength progression: <http://www.coachjayjohnson.com/2011/11/eight-week-general-strength-progression/>

## **Myrtl**

- 1 Clams x 10
- 2 Lateral leg raise x 12 (toe in, neutral, toe out x 4)
- 3 Donkey Kicks x 10
- 4 Donkey Whips x 5
- 5 Fire Hydrant x 10
- 6 Knee Circles Forward x 10
- 7 Knee Circles Backward x 10

Move to wall

- 8 Hurdle Trail Leg Forward x 10
- 9 Hurdle Trail Leg Backward x 10
- 10 Lateral Leg Swing x 10
- 11 Linear Leg Swing, Straight Leg x 10
- 12 Linear Leg Swing, Bent Knee x 10

## **Cannonball Adderley Cool Down**

- 1 Donkey Kicks x 10
- 2 Scorpions x 20
- 3 Rockies x 5
- 4 Donkey Whips x 5
- 5 Lower Body Crawl (Prone) x 10
- 6 Iron Cross x 20
- 7 Australian Crawl x 20
- 8 Side Pedestal, Leg Lift x 5
- 9 Groiners x 10
- 10 Hurdle Seat Exchange x 10

Move to a wall

- 11 Quick Leg Cycle (good heal recovery) x 5
- 12 Hurdle trail-leg forward x 5
- 13 Hurdle trail-leg backward x 5
- 14 Lateral leg swing x 10
- 15 Linear leg swing x 10

## **Grant Green Cool Down**

- 1 Donkey Kicks x 10
- 2 Scorpions x 20
- 3 Iron Cross x 20
- 4 Side Leg Lift x 24 (toe in, neutral, toe out x 8)
- 5 Rockies x 5
- 6 Donkey Whips x 5
- 7 Lower Body Crawl (Prone) x 10
- 8 Scorpions x 20
- 9 Iron Cross x 20
- 10 Australian Crawl x 20
- 11 Side Pedestal, Leg Lift x 20 (10 x each side)
- 12 Groiners x 20 (tempo WU - Vol.1)
- 13 Hurdle Seat Exchange x 10 (tempo WU - Vol.1)
- 14 Rockies x 5
- 15 Russian Hamstring x 50 (25 on each leg)
- 16 L-Ups (from Teak)
- 17 Low-level twist x 40 (Mahogany)  
Move to a wall
- 18 Quick Leg Cycle (good heal recovery) x 5
- 19 Hurdle trail-leg forward x 5
- 20 Hurdle trail-leg backward x 5
- 21 Lateral leg swing x 10
- 22 Linear leg swing x 10

## **Sleepy Time**

- 1 Superman x 10
- 2 Scorpions x 20
- 3 Iron Cross x 20
- 4 Donkey Whips x 5
- 5 Lower Body Crawl (Prone) x 10
- 6 Side Leg Lift x 24 (toe in, neutral, toe out x 8)
- 7 Groiners x 20
- 8 Donkey Whips x 5
- 9 Groiners x 20
- 10 Gentle...Cat-back, sway-back x 10 (5 of each)
- 11 4 min of Foam roller