

The Run Better Prescription

INTRODUCTION

[WATCH VIDEO HERE](#)

Step #1

BREATHWORK

5 MINUTES

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*Crocodile Breath

*Box Breathing

Step #2

SELF MYOFASCIAL RELEASE

10 MINUTES

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Foam Roller

Lacrosse Ball

Stick

*Feet

*Lower Legs

*Upper Legs

*Hips / Pelvis

*Low/Back Abdominal Wall

Step #3

CORRECTIVE EXERCISE

3 TO 7 MINUTES

[WATCH VIDEO HERE](#)

*Leg Lowering

*Bent Knee T

*Lower/Upper Rolling

*Pulsed Hip Flexor Mobility (PHFM)

*Wall March

*Butterfly Stretch

*Rotary Stability

Step #4

CORRECTIVE STRETCHES

AS NEEDED

[WATCH VIDEO HERE](#)

Step #5

DYNAMIC WARM UP

5 MINUTES

[WATCH VIDEO HERE](#)

*Knee Hugs

*Leg Cradles

*Overhead Lunge

*Shuffle

*Butt Kicker

*Skip

Step #6

FORM/TECHNIQUE DURING RUN

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Step #7

HEART RATE

[WATCH VIDEO HERE](#)

Step #8

POST RUN

[WATCH VIDEO HERE](#)

Step #9

EXTRA TIPS

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