





RESTORE: The Legs Program – Weeks 9 and 10

Week 9	Day 57	58	59	60	61	62	63
	<p> REST today....or finish up any prep to set up a great week of "training."</p> <p> Training Goal: If time allows, go to the Performance Portal in the "Follow Along Video Series," and do the 30-minute Run Specific Stretch Routine.</p>	<p> Training Goal #1: From the Follow-Along Training Circuits, do CIRCUIT #3: Short Foot - Posterior Plank - Swiss Ball Bridging and Curling</p> <p> Go to....STEP 4 - Rearfoot Elevated Split Squat PAILs and RAILs. This is likely the first or second time you've reviewed this. Spend time learning/practicing, and then as time allows...go to STEP 1 - the Feet and Toes: Mobility and Soft Tissue Care.</p>	<p> Warm-Up and Prep: Do some Short Foot, Barefoot dynamic proprioception and balance, and toe/heel walking. Then do some bodyweight RFESS reps to ease into this set.</p> <p>Training Goal: Block 3: RFESS Oscillating.</p>	<p> Training Goal#1: Go to STEP 3: The Hamstrings - Training. Let's train all three: Swiss Ball Bridge and Curl - Single Leg Deadlift - and Posterior Plank.</p> <p> Training Goal #2: STEP 3 - The Hamstrings. Today let's go to the Hamstring: PAILs and RAILs and Soft Tissue Care.</p>	<p> Warm-Up and Prep: Do some Short Foot, Barefoot dynamic proprioception and balance, and toe/heel walking. Then do some bodyweight RFESS reps to ease into this set.</p> <p>Training Goal: Block 3: RFESS Oscillating.</p>	<p> Go back to...STEP 1: The Feet. Your goal today is to go to Barefoot Training: Balance and Small Nerve Proprioception. Begin with single leg balance practice. Then watch and begin learning the first two dynamic proprioception drills. Remember that they both begin with Short Foot! Then as time allows... go to STEP 1 - the Feet and Toes: Mobility and Soft Tissue Care.</p>	<p> Training Goal #1: From the Follow-Along Training Circuits, do Circuit #5: Posterior Plank - Calf Raises - Swiss Ball Bridging/Curling (8:28 - Level 3)</p> <p> Training Goal #2: If time allows, go to the Performance Portal in the "Follow Along Video Series," and do the 7 1/2-minute Hip and Spine Stretch Routine.</p>
Week 10	Day 64	65	66	67	68	69	70
	<p> REST today....or finish up any prep to set up a great week of "training."</p>	<p> Today is likely a great day to get some extra rest from the work you've done to this point, especially as the intensity rises in these programs. Or you can do some SMR or other tissue care work. Your choice!</p>	<p> Training Goal#1: Go to STEP 3: The Hamstrings - Training. Let's train all three: Swiss Ball Bridge and Curl - Single Leg Deadlift - and Posterior Plank.</p> <p> As time allows, do some foot and toe mobility and of course, some Short Foot and Balance/Proprioception training.</p>	<p> Go back to...STEP 1: The Feet. Your goal today is to go to Barefoot Training: Balance and Small Nerve Proprioception. Begin with single leg balance practice. Then watch and begin learning the first two dynamic proprioception drills. Remember that they both begin with Short Foot!</p>	<p> Go to...BONUS #2 - Mobility and SMR, and review - practice - learn the 3-video set to improve leg mobility and tissue vitality: 1. Wounded Warrior, 2. Leg SMR, 3. Lateral Line Mobility Drills. Then as time allows... go to STEP 1 - the Feet and Toes: Mobility and Soft Tissue Care.</p>	<p> Training Goal #1: From the Follow-Along Training Circuits, do Circuit #5: Posterior Plank - Calf Raises - Swiss Ball Bridging/Curling (8:28 - Level 3)</p> <p> Training Goal #2: If time allows, go to the Performance Portal in the "Follow Along Video Series," and do the 30-minute Run Specific Stretch Routine.</p>	<p> Today is likely a great day to get some extra rest from the work you've done to this point, especially as the intensity rises in these programs. Or you can do some SMR or other tissue care work. Your choice!</p>