

MCHS DISTANCE STRENGTHENING AND MOBILITY/STABILITY ROUTINES

(Revision GF 1/6/20)

FOOT & ANKLE MOBILITY/STABILITY STRENGTHENING ROUTINE (Barefoot)

- 1) **Single Leg/Ankle Circles:** Standing on one foot, pull other leg up to chest and hold; rotate ankle x 10 biggest circles in each direction, then switch feet; work up to x 20
- 2) **Single Leg/Ankle Pumps:** Same position as Leg/Ankle Rotation; point toes up (dorsiflexion) and hold for 2 seconds, then point toes down (Plantarflexion), hold for 2 seconds, maximizing entire range; start with X 10, then switch feet; work up to X 20
- 3) **Toe Walks:** Roll up to the balls of your feet, stay tall and walk forward, keeping focus on rolling up and keep straight through big toe (don't rotate foot out) as you walk do 10 steps per foot forward; work up to 20 steps (should fire-up calves)
- 4) **Heel Walks:** Roll back onto heels, lifting toes up, start with 10 steps on each foot; work up to 20 (should fire-up shins)
- 5) **Single Leg Hops:** Find a horizontal and vertical line and starting on one foot, and do a short (8-10" long) forward hop, then backward hop; progress to incorporate front-back + side-side hop, start with 10, progress to 15-20 hops on each foot
- 6) **Bare Foot Running:** Cool down with EZ jog two laps around track
- 7) **Rub:** Sit down, rub the sole, top and sides of each foot (2 minutes per foot) applying steady pressure with your thumb, working all areas of both feet