

GREAT OCEAN ROAD RUNNING FESTIVAL 2019 FOUNDATION



1. ROPE SKIPPING

Start position is standing upright with the feet at shoulder width apart. Hold the skipping rope handles in each hand. Extend the hands and forearms at least one foot away from the body, at a 45 degree angle. This will create a larger arc to jump through. Step over the rope. The rope should hang behind you and just touch the back of the feet. Use the hands and wrists to swing the rope up and over your head. Do not move the arms when swinging the rope, keep the motion limited to the wrists. When the rope is coming around toward the front of the feet, hop over it by standing on the tiptoes, and then push off with the balls of the feet. Try to keep this motion in the ankles. Maintain a fluid circular motion coordinating the wrists and feet and continue at a steady rhythmic pace.



2. STEP UP WITH WEIGHT

Stand behind a step, holding weights in each hands. Step up, making sure your knee travels directly forwards over your toes, then step back down again with the same leg. You can alternate which leg you lead with but note, the leg starting on the step is the one to be exercised.



3. SINGLE LEG SQUAT WITH STICK

Preparation: Stand with good posture on one leg. Hold stick along back with 3 points of contact, head, upper back, tail bone. Execution: Begin to squat with one leg by bending at the hip and knee Return by straightening at the hip.



4. SINGLE LEG SQUAT WITH STICK AND WEIGHT

Preparation: Stand on one leg, weight in the opposite hand as the stance leg. Hold stick along back with 3 points of contact, back of head, upper back, tail bone. Execution: Bend at the hip, keeping the trunk aligned with the back leg. Rise up from the hips



5. DOUBLE UNDERS (SKIPPING)

Start skipping, set your rhythm, then jump high enough to make 2 passes of the rope with one jump.



6. BOX JUMPS - ON

Stand facing a box with your feet slightly wider than shoulder-width apart. Keeping your chest up, squat down and immediately jump onto the box, extending through your hips. Land softly in a squat position, stand and reset to the starting position.



7. DYNAMIC RUNNERS STEP UP WITH WEIGHT

Preparation: Stand in front of a box or step. Hold weights in hands at sides. Execution: Use top leg to drive up onto the box and bring the opposite leg up towards your chest. Lower down in a slow/ controlled manner. Repeat, alternating legs.

1. ROPE SKIPPING

REPS	OF 1	OF 1
SETS	OF 2	OF 2
WEIGHT	OF 30s	OF 30s

2. STEP UP WITH WEIGHT

REPS	OF 15	OF 15
SETS	OF 2	OF 2
WEIGHT	OF 2kg	OF 2kg

3. SINGLE LEG SQUAT WITH STICK

REPS	OF 15	OF 15
SETS	OF 2	OF 2

1. ROPE SKIPPING

REPS	OF 1	OF 1
SETS	OF 2	OF 2
WEIGHT	OF 30s	OF 30s

2. STEP UP WITH WEIGHT

REPS	OF 12	OF 12
SETS	OF 3	OF 3
WEIGHT	OF 2kg	OF 2kg

3. SINGLE LEG SQUAT WITH STICK

REPS	OF 12	OF 12
SETS	OF 3	OF 3

1. ROPE SKIPPING

REPS	OF 1	OF 1
SETS	OF 3	OF 3
WEIGHT	OF 40s	OF 40s

2. STEP UP WITH WEIGHT

REPS	OF 12	OF 12
SETS	OF 3	OF 3
WEIGHT	OF 5kg	OF 5kg

3. SINGLE LEG SQUAT WITH STICK

REPS	OF 12	OF 12
SETS	OF 3	OF 3
WEIGHT	OF 2kg	OF 2kg

1. ROPE SKIPPING

REPS	OF 1	OF 1
SETS	OF 3	OF 3
WEIGHT	OF 40s	OF 40s

2. STEP UP WITH WEIGHT

REPS	OF 12	OF 12
SETS	OF 3	OF 3
WEIGHT	OF 5kg	OF 5kg

3. SINGLE LEG SQUAT WITH STICK AND WEIGHT

REPS	OF 12	OF 12
SETS	OF 3	OF 3
WEIGHT	OF 2kg	OF 2kg

1. ROPE SKIPPING

REPS	OF 1	OF 1
SETS	OF 4	OF 4
WEIGHT	OF 40s	OF 40s

2. STEP UP WITH WEIGHT

REPS	OF 10	OF 10
SETS	OF 4	OF 4
WEIGHT	OF 7kg	OF 7kg

3. SINGLE LEG SQUAT WITH STICK AND WEIGHT

REPS	OF 10	OF 10
SETS	OF 4	OF 4
WEIGHT	OF 4kg	OF 4kg

1. ROPE SKIPPING

REPS	OF 1	OF 1
SETS	OF 4	OF 4
WEIGHT	OF 40s	OF 40s

2. STEP UP WITH WEIGHT

REPS	OF 10	OF 10
SETS	OF 4	OF 4
WEIGHT	OF 7kg	OF 7kg

3. SINGLE LEG SQUAT WITH STICK AND WEIGHT

REPS	OF 10	OF 10
SETS	OF 4	OF 4
WEIGHT	OF 4kg	OF 4kg

1. ROPE SKIPPING

REPS	OF 1	OF 1
SETS	OF 4	OF 4
WEIGHT	OF 1min	OF 1min

2. STEP UP WITH WEIGHT

REPS	OF 10	OF 10
SETS	OF 4	OF 4
WEIGHT	OF 10kg	OF 10kg

3. SINGLE LEG SQUAT WITH STICK AND WEIGHT

REPS	OF 10	OF 10
SETS	OF 4	OF 4
WEIGHT	OF 6kg	OF 6kg

1. ROPE SKIPPING

REPS	OF 1	OF 1
SETS	OF 4	OF 4
WEIGHT	OF 1min	OF 1min

2. STEP UP WITH WEIGHT

REPS	OF 10	OF 10
SETS	OF 4	OF 4
WEIGHT	OF 10kg	OF 10kg

3. SINGLE LEG SQUAT WITH STICK AND WEIGHT

REPS	OF 10	OF 10
SETS	OF 4	OF 4
WEIGHT	OF 6kg	OF 6kg

1. DOUBLE UNDERS (SKIPPING)

REPS	OF 5	OF 6
SETS	OF 2	OF 2

2. BOX JUMPS - ON

REPS	OF 5	OF 6
SETS	OF 2	OF 2

1. DOUBLE UNDERS (SKIPPING)

REPS	OF 7	OF 8
SETS	OF 2	OF 2

2. BOX JUMPS - ON

REPS	OF 7	OF 8
SETS	OF 2	OF 2

1. DOUBLE UNDERS (SKIPPING)

REPS	OF 5	OF 6
SETS	OF 3	OF 3

2. DYNAMIC RUNNERS STEP UP WITH WEIGHT

REPS	OF 10	OF 10
SETS	OF 3	OF 3
WEIGHT	OF 5kg	OF 5kg

3. BOX JUMPS - ON

REPS	OF 5	OF 6
SETS	OF 3	OF 3

1. DOUBLE UNDERS (SKIPPING)

REPS	OF 7	OF 8
SETS	OF 3	OF 3

2. DYNAMIC RUNNERS STEP UP WITH WEIGHT

REPS	OF 10	OF 10
SETS	OF 3	OF 3
WEIGHT	OF 5kg	OF 5kg

3. BOX JUMPS - ON

REPS	OF 7	OF 8
SETS	OF 3	OF 3