

Activation Rationale and Progressions

The 2015 Pella XC activation is designed to be:

- Expandable / Contractible
- Functional
- Differentiated
 - Individual
 - Primary Training Task
- Adaptable
- Informative / Evaluative

The warm-up is modular. The modules can be modified individually and rearranged or added/dropped as needed. One of the primary differences in the 2015 activation is the inclusion of any sustained running within the last module (thermogenics). The purpose is to allow the athletes to activate, evaluate, and prepare the body for the main task at hand. Athletes will arrive at practice or a competition either just out of bed, just out of class, or just off the bus. The modules are ordered to allow the body to become prepared for running. Also, placing the running task last let's the coaching staff dictate the last thing an athlete does before the primary task be as specific to the task as possible. Secondly, the coaching staff can make informed evaluations and necessary modifications.

Modules

- Tissue Quality
- Activation
 - General
 - Core
- Corrective
- Mobility
- Thermogenics

Eric Pingel

Base Activation Plan

Phase: Early Season (Cycle 1, Weeks 1-3)

Tissue Quality: (Information Dissemination Time)

- Trigger Point (Ball)
 - Feet
 - Calves
 - Glutes
- Foam Roller (SMR)
 - Calves
 - Hamstrings
 - Quads

Activation I (General):

Hip Activation Series (Standing, Optionally Banded)

- FWD x 5 / leg
- LAT x 5 / leg
- BWK x 5 / leg
- FWD --> LAT x 5 / leg
- Lateral Squat Walk x 5 / leg
- A-Stance Eyes Closed x 2 / leg

30m Skip Arms Up & Down + FWD Lunge Step x 2 / leg
30m Skip Arms Across + LAT Lunge Step x 2 / leg
30m Side-Shuffle + BWK Lunge Step x 2 / leg
30m Carioca + BWK - DIAG Lunge Step x 2 / leg

Activation II (Core):

Prone Plank ---> Side Plank (Elbow) Transitions x 2 transitions
V-Sit Arm Runs x 3 x 10 sec
A-Stance ---> C-Stance x 6 (3/leg)
Walking Lunge + Rotation x 4 Steps FWD & 4 Steps BWK

Corrective:

TBD

Mobility:

20m Arabesque + A Stance + 30m Ankling
20m Knee Grab + 30m A-Skip
20m Ext. Rotation Front + 30m Speed Dribbles
20m Foot Grab Same & Opposite + 30m Run-Out

Thermogenics (Based on Primary Workout Type):
(Workout Prep, Surge Training & Pace Recognition, Vary Distance or Time at Pace)

Conversational Runs

- Multi-Pace 800m
 - 300m Conversational
 - 100m Race (5K)
 - 300m Conversational
 - 100m Race (5K)
- Build-Ups 50m x 2 (Walk Back Recovery)

Tempo / Paced Continuous Runs (Bauer)

- Multi-Pace 800m +
 - 200m Conversational
 - 100m Race (5K)
 - 200m Conversational
 - 200m Race (5K)
 - 100m Conversational
- Build-Ups 50m x 3 (Jog Back Recovery)

Intervals / Hills

- Multi-Pace 800m
 - 200m Conversational
 - 100m Race (5K)
 - 200m Conversational
 - 200m Race (5K)
 - 100m Conversational
- Build-Ups 50m x 2 (Jog Back Recovery)
- Surge Runs 100m (30m BU - 50m Stride - 20m Sprint) x 2 (Walk Back)

Strength

- Multi-Pace 800m
 - 200m Conversational
 - 100m Race (5K)
 - 200m Conversational
 - 200m Race (5K)
 - 100m Conversational
- Banded Arms OH Build-ups 50m x 2
- Varied Speed Sprints (20m Build-Up (Red) + 10m Fast (Green) + 10m Relaxed (Blue)) x 3