

Cardio Workout – Running (Grass)

Time	Content	Points of Emphasis
	<p>Energy System – Aerobic Session Type – Running Session Duration – 50 minutes (includes warm up and cool down) Equipment Required – Park or Oval Notes – Full Body</p>	
15min	<p>Warm Up <i>Refer to Basketball Australia Functional Movement Video (notes below)</i></p> <p><u>Movement (Complete over 10 metres)</u></p> <ul style="list-style-type: none"> ○ Walking High knees extend up on toes ○ Lunges ○ High Hand Lunges ○ Step and Tip into Superman long arms ○ Quick High knee Skip ○ Quick High Knees ○ Quick Butt Kicks ○ Karaoke – High knee then wrap behind <p><u>Balances-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ One foot in front of other ○ Single leg balances ○ Single leg balances with soft matt underneath foot and multitask (i.e juggle or dribble) <p><u>TheraBand-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ Single leg raise to the side ○ Grab Walk <p><u>Proprioception Exercises</u> Refer to BNSW HPP Protocols <u>Strength and Stability-(15 reps change legs)</u></p> <ul style="list-style-type: none"> ○ Single leg dead lift (with chair staying against the chair) ○ Single Leg bridge ○ Hamstring bridge 	
7 min	<p>Jogging</p> <ul style="list-style-type: none"> - Jog 3 laps of an Oval/Soccer/Football field 	
	<p>Drink</p>	
3 min	<p>50 metres</p> <ul style="list-style-type: none"> - Run 50 metres (try to complete this in 10 seconds) - Must RUN every 30 seconds. <i>i.e. if it takes you 10 seconds to run 50m, you have a 20 second rest before you run again.</i> - Complete 10 times 	
2 min	<p>Active Recovery/Drink</p> <ul style="list-style-type: none"> - Walking, High Knees, dynamic stretches 	
	<p>Repeat above 2 exercises 3 times</p>	
3min	<p>Jogging</p> <ul style="list-style-type: none"> - 1 Lap to recover 	
10min	<p>Cool Down</p> <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	