

## Dashing Whippets Strength Training: Block 1

		Day 1	Day 2
		Full Body	Full body
<b>Warm up</b>		<p><b>10 Scorpions</b> in each direction  <a href="https://youtu.be/aUpZafQrmhM?si=cx2Z0OT-xeOTJeih">https://youtu.be/aUpZafQrmhM?si=cx2Z0OT-xeOTJeih</a></p> <p><b>10 90 90s - 5 in each direction</b>  <a href="https://youtu.be/_Lc0HBYQnUQ?si=bPtqrjgBM9hTsyQT">https://youtu.be/_Lc0HBYQnUQ?si=bPtqrjgBM9hTsyQT</a></p> <p><b>8 pelvic tilts</b>  <a href="https://youtu.be/cDjKM27BevM?si=_A-7LIY0Exl_alAl">https://youtu.be/cDjKM27BevM?si=_A-7LIY0Exl_alAl</a></p> <p><b>3 Frog Stretches</b> - hold for 10 breaths  <a href="https://youtu.be/T-znMXqd59w?si=BlwmRd8R6_Mk3Nza">https://youtu.be/T-znMXqd59w?si=BlwmRd8R6_Mk3Nza</a></p> <p><b>8 Adductor Rockbacks per side</b>  <a href="https://youtu.be/6G4xHcVYcIU?si=d5HzIE8Jm481GRAY">https://youtu.be/6G4xHcVYcIU?si=d5HzIE8Jm481GRAY</a></p> <p><b>6 Paused Glute Bridges</b> w 3 second pause at the top.  <a href="https://youtu.be/zEJ_3w-8CLQ?si=WQKBhSzolvyO6Hhn">https://youtu.be/zEJ_3w-8CLQ?si=WQKBhSzolvyO6Hhn</a></p>	<p><b>10 Supine T Leg Swings</b>  <a href="https://youtu.be/mdskNqH-WZY?si=QJOCoj3N41Fhala5">https://youtu.be/mdskNqH-WZY?si=QJOCoj3N41Fhala5</a></p> <p><b>8 Adductor Rockbacks per side</b>  <a href="https://youtu.be/6G4xHcVYcIU?si=d5HzIE8Jm481GRAY">https://youtu.be/6G4xHcVYcIU?si=d5HzIE8Jm481GRAY</a></p> <p><b>6 Hip CARS</b> - 3 rotations per side, clockwise and counter  <a href="https://youtu.be/iSM1NfQZtEA?si=7k7KB23x-CyRu2ka">https://youtu.be/iSM1NfQZtEA?si=7k7KB23x-CyRu2ka</a></p> <p><b>20 Hamstring sweeps</b> - 10 per side  <a href="https://youtu.be/C11qqbNhbqU?si=dawl2Epu24t4rgov">https://youtu.be/C11qqbNhbqU?si=dawl2Epu24t4rgov</a></p> <p><b>8 Glute Bridges</b>  <a href="https://youtu.be/_LBNyDr45nA?si=5V4Mzi6tPKrJvX7">https://youtu.be/_LBNyDr45nA?si=5V4Mzi6tPKrJvX7</a></p>
	<b>Lower body Superset</b>	<p>3 sets 1 min rest between sets</p> <p><b>10-15 sec isometric hold</b> at the bottom of a squat  <a href="https://youtu.be/WPxpqKI4oDfE?si=QZnjfhhxCbLOp7xsO">https://youtu.be/WPxpqKI4oDfE?si=QZnjfhhxCbLOp7xsO</a></p> <p><b>5-10 sec isometric hold</b> at bottom of split squat (legs at 90 degree angles), 30s rest between legs  <a href="https://youtu.be/9A55-qgjIrl?si=n3FlbzrrlqrmMVMd">https://youtu.be/9A55-qgjIrl?si=n3FlbzrrlqrmMVMd</a></p> <p><b>16 Sideways shuffles</b> - get into a squat and shuffle 8 steps to the side, in each direction. Stay low</p>	<p><b>10 Step downs ( 5 per side)</b> - face a box, bench or chair, step up with right foot. Right foot will stay on the box and you will drive foot into the chair to stand up, then lower with control.  <a href="https://youtu.be/ngWbF3Qpe8g?si=VKgw3dFIAPNBXxa3">https://youtu.be/ngWbF3Qpe8g?si=VKgw3dFIAPNBXxa3</a></p> <p><b>10 Dumb Bell or Kettle Bell Deadlifts</b>  <a href="https://youtu.be/Ur8LjPRboDs?si=3RtfZ5LXyy01kSWm">https://youtu.be/Ur8LjPRboDs?si=3RtfZ5LXyy01kSWm</a></p> <p><b>15 sec Iso lateral squat</b> - get into a lateral squat and hold for 15 secs. Rest 30 and then do the other side  <a href="https://youtu.be/0CGdhz1eH4w?si=06WH2AwgVfwF0vG0">https://youtu.be/0CGdhz1eH4w?si=06WH2AwgVfwF0vG0</a></p>

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Upper	3 sets 1 min rest	<b>5 eccentric push ups, 3 sec tempo</b> - lower down for a count of 3 sec, use knees to come back up <a href="https://youtu.be/Tlg_9YHk7dY?si=Rm8jhh1zww-eq5rh">https://youtu.be/Tlg_9YHk7dY?si=Rm8jhh1zww-eq5rh</a>	<b>10 Plank Walk Downs</b> - start from a high plank and walk down into a forearm plank, 5 initiating with each arm <a href="https://youtu.be/FyHNJIQ4NTk?si=WUN9HL-w-1F29alj">https://youtu.be/FyHNJIQ4NTk?si=WUN9HL-w-1F29alj</a>
		<b>8 Banded or Dumbell Bent-Over Rows</b> w 3 sec hold in bent arm position - abs are tight and body remains in one line <a href="https://youtu.be/ML1q5LHtuoU?si=goyOpUbOcMgCNXqC">https://youtu.be/ML1q5LHtuoU?si=goyOpUbOcMgCNXqC</a>	<b>8 Tricep dips - using bench, chair or box.</b> <a href="https://youtu.be/ZDEnxXSax30?si=WlVY9KbfUyRCIFU0">https://youtu.be/ZDEnxXSax30?si=WlVY9KbfUyRCIFU0</a>
Core	3 sets 1 min rest	<b>20 sec high plank hold</b> -forearm if high plank is too challenging <a href="https://youtu.be/zmr_1YLEOBY?si=DFC_q4PdxG2nii05">https://youtu.be/zmr_1YLEOBY?si=DFC_q4PdxG2nii05</a>	<b>10 Bodysaw</b> - get into a forearm plank and then shift your body horizontally forward and back, using your toes <a href="https://youtu.be/W03_L-14C7E?si=nWfaJ3KO6d9f4OB0">https://youtu.be/W03_L-14C7E?si=nWfaJ3KO6d9f4OB0</a>
		<b>10 sec side plank hold</b> <a href="https://youtu.be/AitQUJo18js?si=BTdyO3XcE-ZSgHj8">https://youtu.be/AitQUJo18js?si=BTdyO3XcE-ZSgHj8</a>	
		<b>10 Dead bugs</b> - opposite arm/leg <a href="https://youtube.com/shorts/M0n8To5V_68?si=q8vIP8kxlL4t8kVP">https://youtube.com/shorts/M0n8To5V_68?si=q8vIP8kxlL4t8kVP</a>	<b>8 Plank toe reaches</b> - 4 per side <a href="https://youtu.be/zURKRM98vvg?si=uM7ig3Kz65FGLjBr">https://youtu.be/zURKRM98vvg?si=uM7ig3Kz65FGLjBr</a> .
		<b>8 Russian twists</b> per side. <a href="https://youtu.be/hly_8Ug08OU?si=tTZRXYUhGnda7yd">https://youtu.be/hly_8Ug08OU?si=tTZRXYUhGnda7yd</a>	<b>12 slooow bicycles ( 6 per side)</b> - keep these slow, 3 second pause at the top and then come back to center <a href="https://youtu.be/R-vrdchYP0c?si=T1iC_uWweeC7P-br">https://youtu.be/R-vrdchYP0c?si=T1iC_uWweeC7P-br</a>
Lower Leg	2 sets	<b>8 Wall Supported Calf Raises</b> <a href="https://youtu.be/CKwkor2uyMg?si=Gn_DPI2M7HCeNw2J">https://youtu.be/CKwkor2uyMg?si=Gn_DPI2M7HCeNw2J</a>	<b>10 Vertical toe reaches</b> <a href="https://youtu.be/yU0qohcYHuE?si=GO7zpDgr7sKJgeW6">https://youtu.be/yU0qohcYHuE?si=GO7zpDgr7sKJgeW6</a>
		<b>8 Tib Raises</b> <a href="https://youtu.be/Q6CCeIssBSI?si=lvLWgC3WxKkNGfUc">https://youtu.be/Q6CCeIssBSI?si=lvLWgC3WxKkNGfUc</a>	<b>16 steps toe walk</b> - walk on toes, ideally without shoes <a href="https://youtu.be/pbTbVaNhvMw?si=rXlkrqzAoPf">https://youtu.be/pbTbVaNhvMw?si=rXlkrqzAoPf</a>
			<b>16 steps heel walk</b> - walk on heels barefoot <a href="https://youtu.be/ckdNKDbGqjM?si=RaeRwyptxZ2WZExO">https://youtu.be/ckdNKDbGqjM?si=RaeRwyptxZ2WZExO</a>