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| Week 5 | Day 29 | 30 | 31 | 32 | 33 | 34 | 35 |
|--------|--|--|--|--|---|--|---|
| | <p> You may benefit from some REST today and a short break from this process to re-energize. If time allows today and you are ready, do go through Hip CARs.</p> <p> As time allows - In the Performance Portal, GO THROUGH the 30 minute Run-Specific: Passive Stretch + Mobility</p> | <p> Today is a PAO TRAINING DAY. Perform some PAILs and RAILs for your PAO.</p> <p> Daily Ritual - Hip CARs: Each time you PERFORM HIP CARs, it is essentially an assessment. With repetition and practice, are you better able to get closer to your outer most range of motion?</p> <p> As Time Allows - Go to BONUS #1 Video Tutorials on Tissue Care: Select the "All Things TFL (Tensor Fasciae Latae). Go through this.</p> | <p> Go to BONUS #5 CARs - Advanced Variations: Select "Advanced Variation #1: Prone Hip CARs." This is challenging. Focus today on learning and segmental practice. #chunkit</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p> | <p> Today is a PAO TRAINING DAY. Perform some PAILs and RAILs for your PAO.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p> <p> As time allows: Go to...BONUS #4: Two whole body stretches - Bretzel 1.0 and 2.0. Which is more beneficial for you at this point? That's a question you'll want to answer as you move forward.</p> | <p> Go to BONUS #1 Video Tutorials on Tissue Care: Select the "Lateral Line: Hip - IT Band - Quad SMR. Then...</p> <p> ...Go to BONUS #3 Follow Along Videos: Videos 4 and 5 - "Wounded Warrior + Lateral Line Mob Drills."</p> <p> Daily Ritual - Hip CARs. (Remember your Continuum: Your "daily ritual" should be on the lower end of the continuum. When you are training CARs, you want to be at the upper end of the continuum).</p> | <p> Today is a PAO TRAINING DAY. Perform some PAILs and RAILs for your PAO.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p> <p> As time allows, go to BONUS #1 Video Tutorials on Tissue Care: Select the "Piriformis / Deep Six Rotators: SMR, Passive Stretch, and PAILs-RAILs"</p> | <p> Under STEP 2, go to...Long Adductor (Inside of the hip) PAILs and RAILs. Spend some time today learning and training this area of the hip and leg complex. Then...</p> <p> ...Go to BONUS #5 CARs - Advanced Variations: Select "Advanced Variation #2: Hip CARs in a hip-hinged position." This is challenging. Focus today on learning and segmental practice. #chunkit</p> |