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Week 1	Day 1	2	3	4	5	6	7
	<p></p> <p>Day 1 objectives: Order any equipment you need, review the program to get a better understanding of the goals and process. Read: "Start Here," "Hip Mobility: Why It Matters," and "Our Mobility Training: A Primer."</p>	<p></p> <p>On Day 2, your objective is to learn about and familiarize yourself with CARs: Controlled Articular Rotations. Read through "Step 1." Watch all of the videos on the CARs page - there are 4. Begin to practice and learn. The long term goal is to make HIP CARs a "daily ritual." For now, the goal is to LEARN what they are and how to start to perform them.</p>	<p></p> <p>Day 3 objective #1: Practice HIP CARs. Become familiar enough with these so that you can go through an assessment. Each time you do them, it'll become more comfortable and easier to find out where you are.</p> <p></p> <p>Day 3 objective #2: Read and review the "Run Specific Passive Flexibility" page (assuming you will include this as part of your assessment).</p>	<p></p> <p>Day 4 objective #1: Keep practicing HIP CARs. Go through an initial assessment using your Worksheet. (We'll do this again once more this week).</p> <p></p> <p>Day 4 objective #2: Read and review the "Soft Tissue Health and Self Care." Understand these principles and begin to think about how you'll apply them. Order equipment if you need to.</p> <p style="text-align: center;">+</p>	<p></p> <p>Day 5 objective #1: Go through your Running Flexibility Assessment. Use your Worksheet to record your results.</p> <p></p> <p>Day 5 objective #2: Read and review the "Basic Axial Rotation." There's a lot to learn on this page. Enjoy it! Assess this today or tomorrow if that works better. Use your worksheet.</p>	<p></p> <p>Day 6 objective #1: Go through CARs and do another assessment. Use your Worksheet to record your results.</p> <p></p> <p>Day 6 objective #2: Assess "Basic Axial Rotation." Use your worksheet.</p> <p></p> <p>NOTE: IF you are someone who struggles with flexibility, your initial goal is to improve that passive flexibility. You'll use the same approach, but with a slightly different focus. Train smart and be patient!</p>	<p></p> <p>Day 7 objective #1: Go through CARs. You will do these as often as you can. Get into the habit of doing these daily. Finish up any other assessments that you need to, so you have a good understanding of where to start.</p> <p></p> <p>Day 7 objective #2: Go to...BONUS #5: Video Tutorials on Tissue Care, and do the "Piriformis and Hip Assessment." The SMR is your choice.</p>
Week 2	Day 8	9	10	11	12	13	14
	<p></p> <p>Go through your "Daily Ritual" - HIP CARs. Take time to compile your assessment results. Prepare for the week. Read through: BONUS #7: Bio-Tensegrity - What it is and why it matters.</p>	<p></p> <p>Day 9 objective #1: Go to...STEP 2: Training Hip Mobility. Read about the 7 different ways we can train mobility. Take the time to watch the video "What are PAILS and RAILS? And how will we perform them?"</p> <p></p> <p>Day 9 objective #2: Go through Hip CARs.</p>	<p></p> <p>Day 10 objective #1: Repeat and/or finish up with everything you started yesterday, on day #9. When you are ready, GO to...the page, "PAILS-RAILS: More of what you need to know."</p> <p></p> <p>Day 10 objective #2: Go through Hip CARs.</p>	<p></p> <p>Where is your PRIMARY area of opportunity? Today you will train that area. You have 3 choices: 90-90 (internal or external), hip flexors, or groin. Use your assessment results, and go through PAILS/RAILS for one of these regions.</p> <p></p> <p>Day 11 objective #2: Go through Hip CARs.</p>	<p></p> <p>Day 12 objective: 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></p> <p>Repeat Day 11. Repetition and exploration and learning are key! Practice is key. What are you learning about your hips? From today forward, we will refer to THIS region as your PRIMARY or PAO. (That is, your primary area of opportunity).</p>	<p></p> <p>Day 14 objective #1: Go to...BONUS #4: Two whole body stretches. Take some time to watch and learn these - you will become very familiar with them.</p> <p></p> <p>Day 14 objective #2: Go through Hip CARs and go through one round of P/R for your POA also.</p>