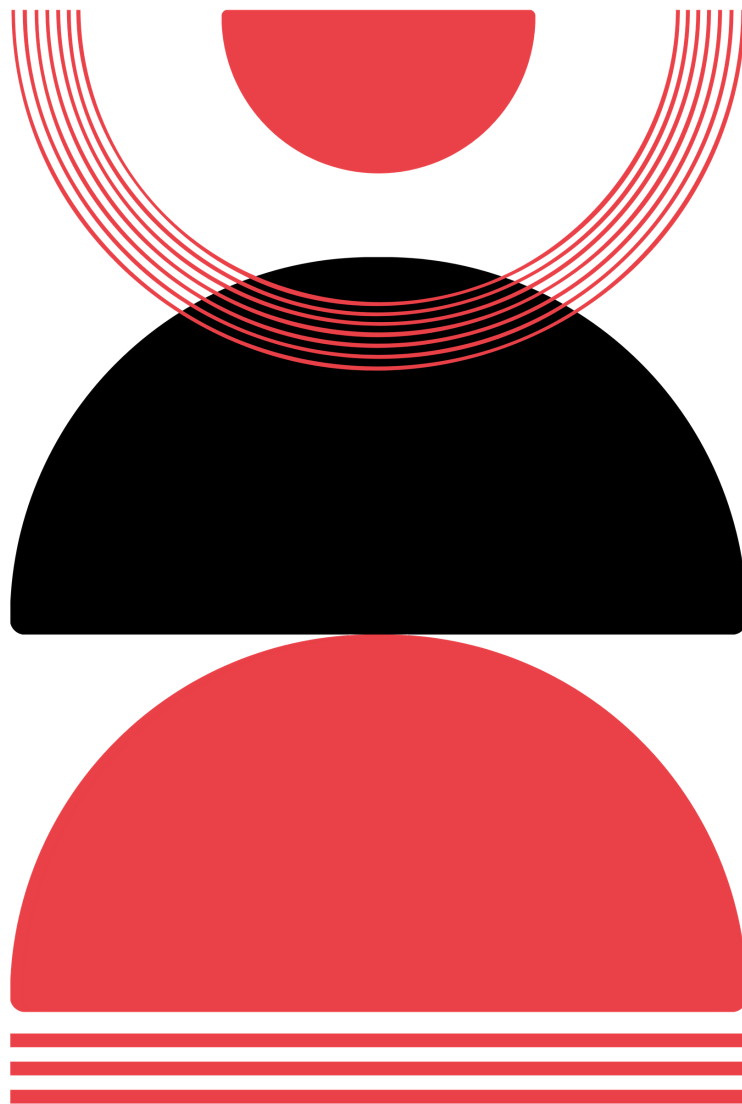


A4Y

PRACTICE PLAN



DREAM BIG

STAY FLUID

PRACTICE

Welcome to your A4Y Practice Plan! Use these pages to plan your functional strength, strategic injury prevention, and optimized recovery practice – and optimize the pursuit of any goal.

When you refocus your goals as a practice, rather than a rigid fixation on an end result, you'll be able to apply these skills to all areas of your life – well beyond any race day. You'll become more balanced and resilient in sport and life.

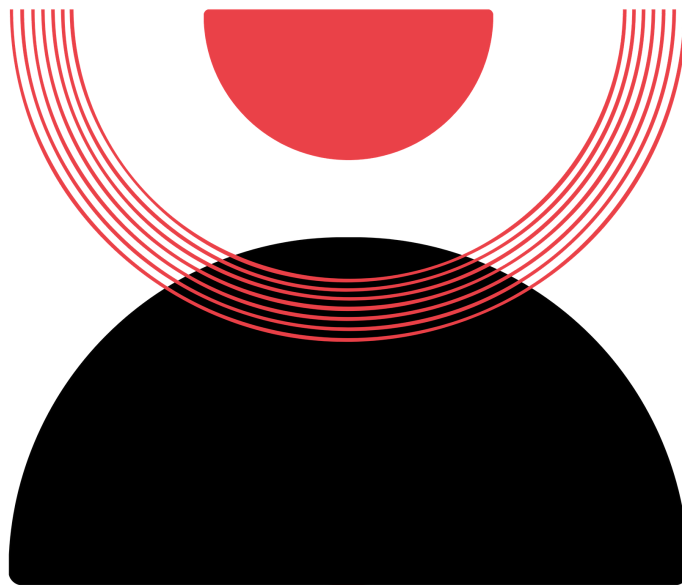
HOW TO USE:

- Print or use digitally.
- Plan your practice weekly.
- Review what worked and what needs more focus at the end of each week.
- Reflect to anchor your wins at the end of the month.
- Keep going!

*REFOCUS THE
PURSUIT OF YOUR
GOALS AS A
PRACTICE
RATHER THAN A
RIGID FIXATION
ON AN END RESULT.*



DREAM BIG



STAY FLUID



THIS WEEK April 4 - 10

I WILL PRACTICE

- Prioritizing recovery
- + Hamstring fluidity

(Use Recovery Visualization as often as possible to transition!)

Ⓔ

How to Hit Reset
Head to Toe

Ⓜ

Comprehensive Hip +
Hamstring Reset

Ⓣ

Full Body Mobility

Ⓦ

Pre-workout --
How to Activate Your Glutes

Post-workout --
Flexible Running Hamstrings

Ⓣ⓱

Full Body Reset

ⓕ

Hammytime

Ⓢa

Relax Deeply



MONTH AHEAD

MY CURRENT IMBALANCES

HOW THEY FEEL – BE SPECIFIC

I WILL USE YOGA TO PRACTICE



THIS WEEK

I WILL PRACTICE



POST WEEK REVIEW



MOST USED VIDEOS



MOST EFFECTIVE STRETCHES



HOW I FEEL



BIGGEST CHALLENGE(S)



THIS WEEK

I WILL PRACTICE



POST WEEK REVIEW



MOST USED VIDEOS



MOST EFFECTIVE STRETCHES



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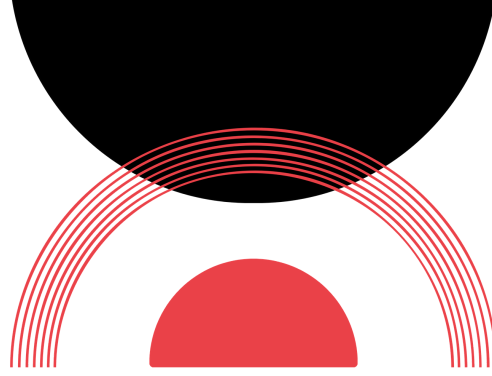


HOW I FEEL



BIGGEST CHALLENGE(S)





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