

THE ULTIMATE RUNNER'S STRENGTH WORKOUT

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INTRODUCTION

Welcome to Performance Enhancement for Runners! The exercises you are about to see are designed to improve your running, and to prevent injury to keep you training as effectively and efficiently as possible. These exercises have been developed specifically with runners in mind, and target all the key muscles, stabilizers and joints necessary to minimize the chances of injury, and to maximize your chances of running strong. And strong runners are faster runners!

The way to use these exercises, most conveniently, is to incorporate them into your warmups or your cooldowns after training. You can of course dedicate a full 30 to 45 min session once a week to doing them from start to finish, and if you have that option, I would recommend it. But, they will also work really well as part of a warmup, even if you only select two or three each time you train. That will take you five to ten minutes, and as you accumulate those, and get better at the movements, you'll get stronger and protected against injury.

The exercises are also great 'activators', which is why they work so well in warm ups. Just make sure you get a good mix if you are selecting to do only a few – there are seven in total, so make sure you run through all seven at least once every week, and don't favour one or two only.

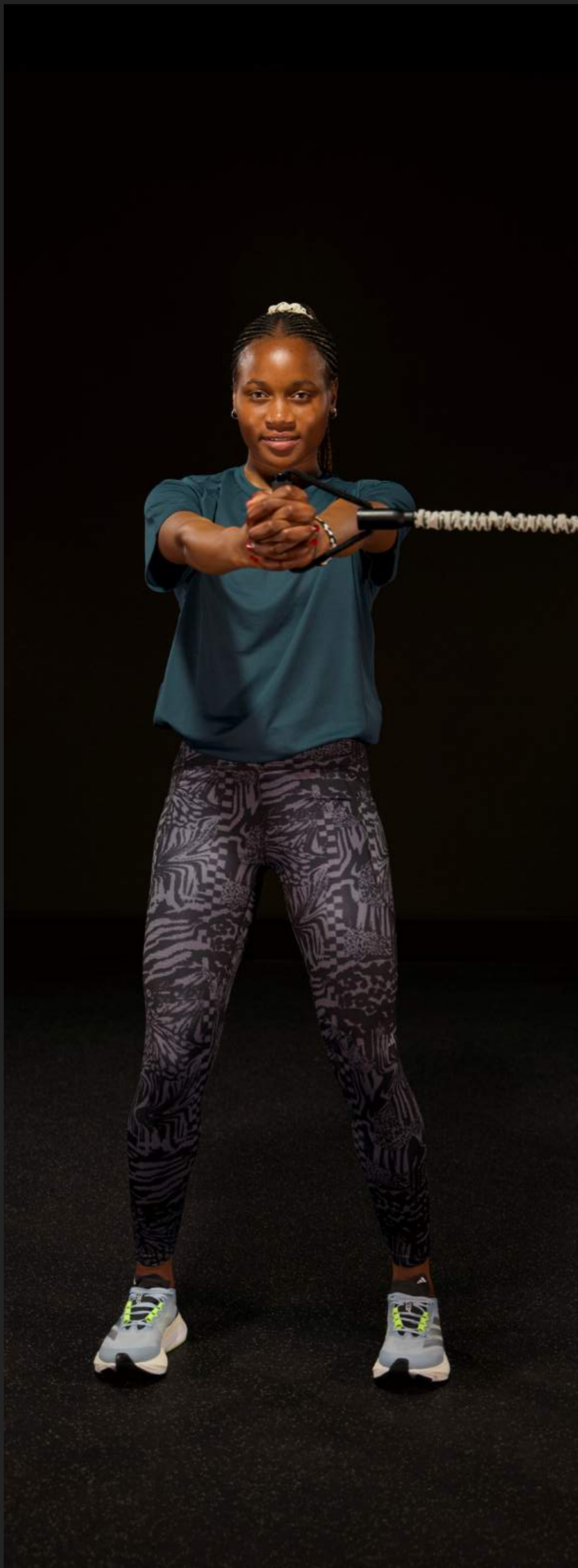
The exercises are presented as having two phases. Phase I is for when you are starting out, Phase II is slightly more advanced, and you should aim to progress from Phase I to Phase 2 once you feel competent and confident that you are doing the movements with stability and control. These are the key words – stable and controlled, and in all exercises, don't be concerned with how fast you can do them, rather be obsessed with how smoothly you can do them.

Good luck, enjoy, and know that as you do these, you're making giant strides forward in your running journey!

Prof Ross Tucker

ELASTIC ROTATIONS

Phase 1 - Standing



Setup:

Use an elastic band anchored or held by a partner. Stand with knees slightly bent, feet shoulder-width apart.



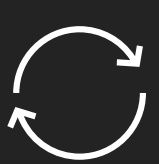
Instructions:

Rotate slowly and return at the same controlled tempo.



Tips:

Focus on controlled, smooth movements. Keep hips facing forward. Avoid rotating hips and knees from collapsing inwards.



Repeats:

Start with 6-8 reps, aim for 15. Repeat on both sides.

LUNGE ROTATION

Phase 2 - Lunge Position



Setup:

Use an elastic band anchored or held by a partner, and adopt a lunge position, back knee towards ground, tucked tail, straight back.



Instructions:

Rotate slowly towards the outside shoulder, as far as you can before the tension is too great. Then return to the start position with a slow, controlled movement.



Tips:

Focus on controlled, smooth movements. Avoid hip rotation, and inward knee collapse.



Repeats:

Aim for 8 reps on each side.

1.2 Lunge Rotations



ANTI-ROTATION

Phase 1 - Pallof Press



Setup:

Use an elastic band anchored or held by a partner as shown. Stand with slightly bent knees, feet shoulder-width apart, hands chest height. Tuck your tail, and keep the back straight.



Instructions:

Push arms forward slowly, resisting the band. Return to the chest to complete the movement



Tips:

Focus on symmetry, knees slightly bent, slow and controlled.



Repeats:

Aim for 12 reps on each side.

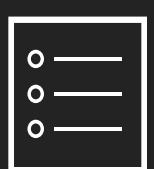
ANTI-ROTATION

Phase 2 - Lunge Pallof Press



Setup:

Same as Phase 1, but adopt a lunge position, back knee close to ground, straight back.



Instructions:

Push the hands out slowly, and return to the chest with a slow, controlled movement.



Tips:

Focus on maintaining lunge position. Keep front knee aligned with 2nd toe.



Repeats:

Aim for 8 reps.

BACK SLING

Phase 1 - Bridge Walks



Athlete: Lisha



Setup:

Start lying flat, with feet flat on the ground. Lift hips into bridge position, “tuck tail” to engage core.



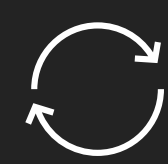
Instructions:

“Walk” with slow, controlled movements, alternating legs. Lift arms for a more challenging variation.



Tips:

Maintain stable, horizontal hips. Focus on stabilising using the glutes. Avoid arching back.



Repeats:

Work towards 30 alternating leg repeats or until muscle fatigue or stability is lost.

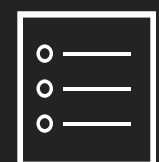
BACK SLING

Phase 2 - Hamstring Swings



Setup:

Start lying on your back, with the feet flat on the ground. Lift hips into bridge position, activate core and tuck your tail.



Instructions:

Lift one leg, swing it up with a very controlled movement, and back down with the same control. Repeat 15 times. before changing legs.



Tips:

Maintain stable hips throughout. Swing leg with control and stability. Avoid arching back.



Repeats:

Aim for 15 reps on each side. As fast as you can but without losing form.

FRONT SLING

Phase 1a - Plank

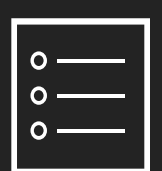


Athlete: Zaid



Setup:

Adopt a plank position with straight and ‘long’ back, neutral hips, elbows under shoulders, hands apart.



Instructions:

Hold for 30 seconds.



Tips:

Squeeze glutes for stability. Engage core and “tuck your tail”.



Repeats:

Aim for 30-60 seconds.

FRONT SLING

Phase 1b - Plank Walk

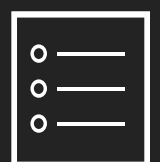


Athlete: Zaid



Setup:

Adopt a plank position with straight back, neutral hips, hands apart.



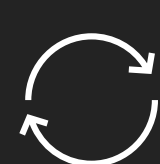
Instructions:

Engage the core, then lift one leg up at a time, completing the movement by returning both feet to the ground in the plank position. Alternate legs.



Tips:

Slow and controlled movements. Maintain stability.



Repeats:

Aim for 30 alternating leg raises, or fatigue/loss of stability.

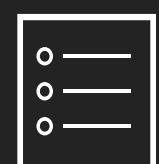
FRONT SLING

Phase 2 - Spider Plank



Setup:

Adopt a plank position with straight back, neutral hips, hands apart.



Instructions:

Engage core, then bring each leg up to the side in a controlled movement. Go as far as possible before your plank begins to feel unstable. Return to the plank and then alternate legs.



Tips:

Avoid bouncing or rocking. Maintain control.



Repeats:

Aim for 30 alternating leg raises, or fatigue/loss of stability.

MEDIAL SLING

Phase 1 - Inside Line

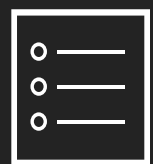


Athlete: Zaid



Setup:

Lie on one side using the bottom arm for support, with bottom leg straight. Top leg bent at 90 degrees at the hip and knee.



Instructions:

Position the bottom leg slightly back, back behind the midline of your body. Keep the toes pointed forward. Move the bottom leg up and down slowly with a controlled tempo and range of movement.



Tips:

Keep the toes pointed forward. Bottom leg must remain straight with the knee extended.



Repeats:

Aim for 10 - 20 reps on each side.

MEDIAL SLING

Phase 2 - Copenhagen



Setup:

Use a chair as shown, set up with top leg bent at the hip, knee and ankle. Bottom leg is straight and under through the chair.



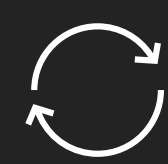
Instructions:

Hold this position for 30 seconds or to fatigue. Keep body up using glutes and hips, with weight on your elbow.



Tips:

Maintain straight alignment from ankle to shoulder.



Repeats:

Aim to hold for 30 seconds, or fatigue causes you to drop and lose stability.

LATERAL SLING

Phase 1a - Hip Abductions (Easy)



Setup:

Lie on one side, knees bent at 90 degrees, supporting upper body with bottom elbow and hand.



Instructions:

Keep heels together and use glute to lift knee as high as possible. Lift the knee only until you feel the back and hips begin to work.



Tips:

Focus on top glute activation. Maintain steady tempo.



Repeats:

Aim for 15 reps on each side.

LATERAL SLING

Phase 1b - Hip Abductions (Moderate)



Setup:

Lie on one side, knees bent at 90 degrees, supporting upper body on elbow and hand.



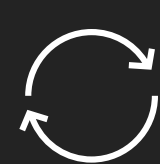
Instructions:

Use glute to lift knee and heel as high as possible.



Tips:

Focus on top glute activation. Maintain steady tempo.



Repeats:

Aim for 15 reps on each side.

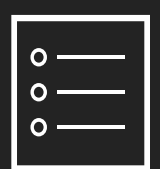
LATERAL SLING

Phase 1c - Hip Abductions (Advanced)



Setup:

Lie on one side with both legs straight, supporting upper body on elbow and hand.



Instructions:

Perform a scissor movement with the upper leg, using the glute.



Tips:

Maintain a slow, steady tempo.



Repeats:

Aim for 15 reps on each side.

LATERAL SLING

Phase 2 - Band Walks

Easier Movement



Harder Movement



Athlete: Mia



Setup:

Stand with feet wider than shoulder-width apart.



Instructions:

Crab walk to the side, using the glutes to initiate movement.



Tips:

Keep feet pointing forward, and knees stable. Isolate the glute to cause the movement, and don't rock the upper body from side to side. Avoid taking excessively large steps to maintain stability.



Repeats:

Start with 6 steps in each direction, repeat 4 times. Build up to 6 sets of 10 steps in each direction.

MULTI-JOINT S/L SLING

Phase 1a - Pen Pick Ups



Athlete: Lisha



Setup:

Stand on one leg, knee slightly bent in a quarter squat position. Keep the non-standing leg lifted, knee bent and slightly behind the standing leg.



Instructions:

Reach down with both hands, as low as possible as if picking a pen off the floor. Maintain controlled movements. Keep hips aligned, without arching back. Movement is only from hip and knee.



Tips:

Maintain controlled movements. Keep hips aligned. Avoid arching back. Movement only in hip and knee.



Repeats:

Work towards 15 reps on each side.

MULTI-JOINT S/L SLING

Phase 1b - Running Man



Athlete: Lisha



Setup:

Stand on one leg, knee slightly bent. Other leg behind you with toes lightly rested on a low chair.



Instructions:

Perform small single-leg squats at a controlled rate of 3 every 2 seconds.



Tips:

Keep movement small – quarter squats.



Repeats:

Aim for 45 reps in 30 seconds per leg.

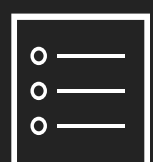
MULTI-JOINT S/L SLING

Phase 2a - Lunge, heel lifts



Setup:

Adopt a strong low lunge position. Front knee behind toe, all joint angles at 90 degrees.



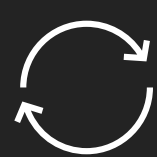
Instructions:

Perform small movements to lift heel off the ground.



Tips:

Movement only from calf muscle. Keep movements small. Focus on balance. Engage core. Avoid hip rotation. Engage glute to stabilise knee.



Repeats:

Aim for 30 seconds on each leg.

MULTI-JOINT S/L SLING

Phase 2b - Lunge, toe lifts



Setup:

Adopt a strong low lunge position. Front knee behind toe, all joint angles at 90 degrees.



Instructions:

Perform small movements to lift toes off the ground.



Tips:

Keep movements small, focus on balance. Engage core. Avoid hip rotation. Engage glute to stabilise knee. Movement only from calf muscle.



Repeats:

Aim for 30 seconds on each leg.

7.2b Lunge,
toe lifts



Virgin
active