

**The following exercises are to improve strength in runners.**

Below you will find circuit training and two different strength routines using some or all of the following exercises.



## **Lunge**

Tense the trunk muscles and step forward  
Descend into a lunge position. Maintain strong spinal position Push hard through your front heel to return to starting position and repeat



## **Body Weight Deep Squat**

Feet shoulder width apart Engage trunk muscles to stiffen the spine and ensure back is straight Track knee over 2nd toe Squat (sit back) until thighs just short of parallel to ground You may use your arms to balance Keep weight on heel

## Single leg Jump



Start balanced on 1 leg Leap forward as far as comfortable and land on the same leg Try not to put the other foot down to balance Work at getting the best distance whilst still able to land balanced

## Calf Raise on Step - Single



Standing with 1 foot on edge of step Keep knee straight and raise up onto toes Pause at the top then slowly lower the heel over the edge of the step again

## Reverse Lunge off Step - Body Weight



Start standing on a step Tense the trunk muscles and extend one leg backward to the floor With minimal backward movement of the trunk descend into a lunge position. Maintain strong spinal position Push hard through your front heel to return to starting position

## Single Leg Squat



Standing on 1 leg Engage trunk muscles to stiffen the spine and ensure back is straight Keep hip on non weight bearing leg level Slowly sit back and bend the knee keeping knee cap in line with 2nd toe Do not squat too low

## Single Leg Bridge



Bend one knee so the foot is close to buttocks Keep knees level Push through heel to lift pelvis Ensure shoulders, hips & knees are aligned & pelvis not sagging on the non weight bearing side Ensure you do not over extend lower back

## Side Jumping



Jump from 1 leg to the side as far as comfortable to land on the other leg Absorb the load through the leg before jumping back to the other side Try to land symmetrically and balanced

## Single Leg Balance Cone Exercise



Stand on 1 leg with 2 cones/objects 1 foot apart  
Start by reaching down to touch the right cone  
with the right hand and return to start position  
Repeat with left hand to left cone and return  
Now reach the right and to the left cone and  
return then left hand to right cone

## Single Leg Balance with hip Abduction



Place a resistance band around the lower thigh  
above the knee Standing on 1 leg, lift the other  
leg to the side against the resistance band and  
bend the balancing leg slightly Maintain this  
position

## **Circuit training using the above listed exercises**

30 seconds to 1 minute on each exercise  
No rest between stations

### **Strength Routine 1**

**Carry out using the exercises listed below starting with**

**Lunge**  
**Deep squat**  
**Calf raise on step**  
**Single leg squat**

2 sets of 10 reps progressing to

2 sets of 12 reps then

3 sets of 10 reps and lastly

3 sets of 12 reps

(increase sets and reps over a period of weeks as your strength increases)

### **Strength Routine 2**

Use the same progressive sets and reps as listed above

**Reverse lunge off step**  
**Single leg balance with hip abduction**  
**Single leg bridge**  
**Deep Squat**

Carry out, for example, 2x strength routines per week, 2x circuit training per week and up to 3x runs per week.