

Example Strength Programme For Runners

Exercise	Reps	Sets	Progressions
1. Single leg glute bridge	8-12	2-3	Add exercise loop, Add weight to hips
2. Hip abduction in kneeling side plank	8-12	2-3	Add exercise loop
3. Rear foot elevated split squat	8-12	2-3	Add weight (dumbbell/kettlebell) held at chest
4. Single leg RDL	8-12	2-3	Add weight to opposite side to standing leg
5. Single leg heel raise (straight leg)	15	2-3	Add weight (dumbbell/kettlebell) held at side
6. Single leg heel raise (bent leg)	15	2-3	Add weight (dumbbell/kettlebell) held at side
7. Bird Dog	8-12	2-3	Add exercise loop
8. Plank with alternate leg lifts	12	2-3	Lengthen plank position, raise opposite arm.

To be performed 2x a week to supplement running training.

1 Single leg glute bridge

8-12 reps 2-3 sets



How to perform

1. Shift your weight to one foot and lift your other foot off the floor.
2. Keeping your shoulders on the ground, raise your hips into the air so you form a straight line from your shoulders to your knees, then lower your hips down to complete the exercise.
3. Remember to push through the ball of your foot and keep your hips level throughout the exercise.

2 Hip abduction in kneeling side plank

8-12 reps 2-3 sets



How to perform

1. Raise your body up into the side plank position, forming a straight line from your head to your knee on the ground.
2. Keeping your foot in a neutral position and positioned slightly behind your bottom leg.
3. Lift your top leg straight up, keeping it slightly behind you, then lower your leg down and repeat in a controlled manor.
4. Remember to keep your torso straight and top leg slightly behind you throughout the exercise.

3 **Rear foot elevated split squat**

8-12 reps 2-3 sets



How to perform

1. Place one foot on to the chair behind you, ensuring adequate room between your front foot and the chair.
2. Keeping your chest straight, lower yourself down, then pushing through the ball of your foot, stand back up without moving your feet.
3. Remember to keep your head up and chest tall throughout the exercise.

4 **Single leg Romanian deadlift (RDL)**

8-12 reps 2-3 sets



How to perform

1. Shift your weight to one leg and lift your other foot just off the floor.
2. Keeping your chest tall, bend forwards at your hips, so your chest comes forwards over your thigh, raise your arms up in line with your body, and extend your leg out behind you.
3. Then push your hips forward to stand up and lower your arms down to complete the exercise.
4. Remember to keep your weight in your mid-foot and toes throughout the exercise.

5 Single leg heel raise (straight leg variation)

15 reps 2-3 sets



How to perform

1. Shift your weight to one leg and then lift your other foot off the ground.
2. Keeping your knee straight, rise up on to your toes, then lower your heel down and repeat in a slow and controlled manor.
3. Remember to keep your leg straight throughout the exercise. Use fingertips for balance where needed.

6 Single leg heel raise (bent leg variation)

15 reps 2-3 sets



How to perform

1. Shift your weight to one leg, lift your other foot just off the floor and bend your knee slightly.
2. Keeping your knee slightly bent, rise up on to your toes, then slowly lower your heel down in a controlled manor.
3. Remember to rise and lower down slowly throughout the exercise, keeping the knee bent throughout.

7**Bird Dog**

8-12 reps 2-3 sets

**How to perform**

1. The exercise band should be looped around your foot, and you should be holding the other end of the band in your opposite hand. Can be performed without a band.
2. Keeping your torso and pelvis still, raise your arm up and extend your opposite leg straight back, then lower your arm and leg down to complete the each rep.
3. Remember to keep your core engaged and torso still throughout the exercise.

8**Plank with alternating leg lift**

12 reps (6 reps each leg) 2-3 sets

**How to perform**

1. Keeping your body straight, lift one leg off the ground and 'squeezing' through the buttock and pause.
2. Then lower your leg down and repeat this movement on the opposite side and repeat.
3. Remember to maintain a straight line from your head to your heels throughout the exercise.

