

6 GREAT RUNNER STRENGTH EXERCISES

Lateral Walk on Toes



Place a looped resistance band around both your legs around your shins. Take 20 lateral steps on your toes to the left then 20 lateral steps on your toes to your right.

Calf Raise (slow)



Perform a slow calf raise by taking about 3 seconds to come up onto your toes, hold for 3 seconds then take 3 seconds to bring your heel back down to the floor.

Step Up into Lunge



Step up onto a medium box with your right leg, balancing for 2-3 seconds, then step back to the floor with your left leg, then back into a lunge with your right leg behind you. Repeat on opposite leg.



Goblet Squat



Stand with your feet a little wider than shoulder-width apart. Hold a weight in front of your chest, and perform a squat by bending your knees to lower your body towards the ground. Try to keep your back straight and hinge at the hips. Return to starting position by driving through your heels.

Good Morning



Hold a medicine ball, or weight of any kind, either behind your head or in front of your chest. Place your feet just wider than shoulder width apart, and hinge from your hips to bring your chest towards the ground while keeping a straight line from your hips to your shoulders. Pause when your chest is about parallel to the floor, then return to starting position.

Heel Tap



Stand with your right leg on a bench or elevated surface, with your left leg off to the side. Lower the left leg, by bending your right knee. Make sure your right knee does not go past your toes, and does not fall inwards or outwards. Don't worry if you are unable to tap the floor with your heel, form is more important. Repeat on opposite side.