

Tuesday

Activation

Glute stabilising slow strides 2 x 6 on each leg



Slow strides before a run activates your **Gluteus Medius** which stabilises your hips when you run.

Tips: Get your balance first, focus your eyes straight ahead, do the strides slowly.

Calf raises 3 x 15 on each leg (slowly)



Calf raises are imperative for running longevity. Activating your calves ensures they will fire correctly when you start to run.

Tips: Balance yourself with one finger only, push through 2nd and 3rd toes, keep your body straight and hips level.

Now you've activated all the right places, it's safe to leave the house and start your running workout.

Core Strength - 3 sets of each exercise alternating

Seated run 30 - 60 seconds (rest 30 seconds)



Seated run promotes a stable middle section while running. Move your arms as though running, body stays true.

Tips: Rest heels on ground if too difficult, look straight ahead, move arms at your regular running pace.

Hip touch 30 - 60 seconds (rest 30 seconds)



Hip touch improves general core stability and strength. Keep your body straight, hands can move fast or slow.

Tips: Do this on your knees if too difficult, straight back, don't change body position in order to continue.

Thursday

Activation

Bird dips 2 x 15 on each leg (slowly)



Bird dips also activate your **Gluteus Medius** before you start running. Maintain one leg balance throughout the sets.

Tips: Get your balance first, go slowly to the ground, keep your hips level.

Calf raises 20 both legs, 15 both legs, 10 both legs (slowly)



Calf raises are imperative for running longevity. Activating your calves ensures they will fire correctly when you start to run.

Tips: Balance yourself with one finger only, push through 2nd and 3rd toes, keep your body straight and level.

Now you've activated all the right places, it's safe to leave the house and start your running workout.

Core Strength - Cycle through all 3 exercises, 2 sets of each

Bicycle man 30 - 60 seconds (rest 30 seconds)



Make a right angle in your hips and ankles. Cycle slowly, your heels should touch the ground very lightly.

Tips: Keep your back flat to the floor, your knee angle should NOT change, lay head flat.

Side plank (left and right) 30 - 60 seconds (rest 30 seconds)



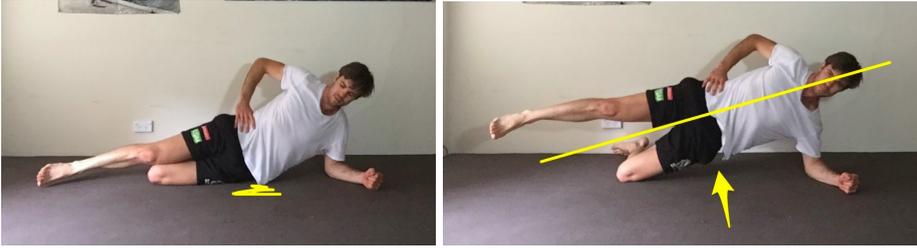
Side plank increases your lateral strength under pressure of your body weight and promotes good running posture.

Tips: Straight line from shoulders to ankles, breath slowly, alternate sides.

Saturday

Activation

Hip raises 2 x 15 on each leg



Hip raises increase glute strength and help your overall stability. Work through these at a controlled pace.

Tips: Keep your body straight, your bottom shin should be back at 90°, look straight ahead.

Calf raises 3 x 20 on each leg (slowly)



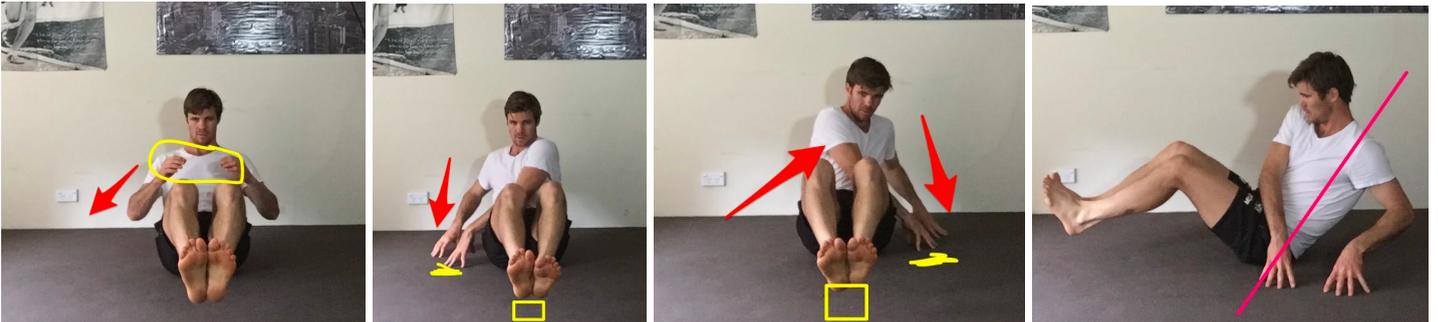
Calf raises are imperative for running longevity. Activating your calves ensures they will fire correctly when you start to run.

Tips: Balance yourself with one finger only, push through 2nd and 3rd toes, keep your body straight and level.

Now you've activated all the right places, it's safe to leave the house and start your running workout.

Core Strength - Alternate exercises for 3 sets of each

Russian twist 30 - 60 seconds (rest 30 seconds)



Russian twist works your entire middle section. Put your heels on the ground if raised is too difficult.

Tips: Keep a straight back, move hands fast across your body, touch BOTH hands on the ground each time.

Front plank 30-60 seconds (rest 30 seconds)



Front plank works your middle section under the pressure of your body weight. Keep low shoulders and hips down.

Tips: Do this on your knees if too difficult, straight back, don't change body position in order to continue.