

Running Strength - Tuesday

Activation



Slow strides: keep your hips level, move slowly through range. **2 x 8 on both legs.**



Calf raises: slow movement, use full range, push between 2nd and 3rd toe. **2 x 10 on both sides.**

Insert running workout here

Form building strength



Table top: flat back, slow movements, keep knees to a right angle. **3 x 30-60 seconds.**



Plank: straight back, prioritise form over duration. **3 x 30-60 seconds.**

Running Strength - Thursday

Activation



Slow strides: keep your hips level, move slowly through range. **2 x 8 on both legs.**



Calf raises: slow movement, use full range, push between 2nd and 3rd toe. **2 x 10 on both sides.**

Insert running workout here

Form building strength



Hip touch: maintain straight body, straight line from ankles to shoulders. **3 x 30-60 seconds.** (If you can't do the touches just hold the straight arm position.)



Indian sit crunch: cross legs, lay back, arms out, move fast. **3 x 30-60 seconds.**

Running Strength - Sunday

Activation



Slow strides: keep your hips level, move slowly through range. **2 x 8 on both legs.**



Calf raises: slow movement, use full range, push between 2nd and 3rd toe. **2 x 10 on both sides.**

Insert running workout here

Form building strength



Side planks: straight line down your body, maintain form, (one side might feel easier). **2 x 30-60 seconds (on both sides.)**



The U: flat back, hands move straight up and down, move fast. **2 x 30-60 seconds.**