

workout one

RUNNERS FUNDAMENTALS

This workout is designed to guide you through four basic exercises that will keep you run ready.

This is a great starting point for running strength training using minimal equipment.

It includes a compound movement, an exercise to target the calf complex and exercises to target single leg stability and challenge hip, knee and trunk positioning.



GOBLET SQUAT

Start upright holding a weight close to your chest.

Break at your hips and lower into a squat, keeping your trunk upright.

Drive through your heels and push your knees out to return to standing



SINGLE LEG CALF RAISE

Hold a weight on the same side as the working leg.

Raise up onto your toes, pushing through your big toe.

Control this movement on the way down and repeat.



BANDED LATERAL TOE TAP

Place your band above your knees and come into a quarter squat.

Transfer weight to one side and tap the opposite leg out to the side.

Aim to keep hips back and shin close to vertical to engage your glutes.



BULGARIAN SPLIT SQUAT

Hold weight to chest, place one leg on chair or bench behind you.

Lower into a split squat and drive through heel, squeezing glutes, to return to start position.

Repeat on both sides.



Aim for 3x10 repetitions for each exercise.
Aim to use a weight that is challenging by the end of
the 8-10th repetition.

Aim to complete the full program 2-3 times/week,
alternating with running days (or cardio cross
training substitutes).

Keep moving, keep strong.

The Running Room.

