

**RUNNERS
FUNDAMENTALS
PART TWO**

the **RUNNING**
ROOM

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PART TWO:

RUNNERS FUNDAMENTALS

Step up

Step one leg onto a step/stool, drive the opposite leg to your chest and hold, squeeze your glute and knee straight. Slowly lower back down, controlling your knee over your toe.



Deadlift

Stand tall, holding a weight close to your body. Keep your back straight as you stick your hips back with a slight bend in your knees and take the weight to the floor. Squeeze your glutes as you push to return to standing.



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Bent knee calf raise

Stand holding the wall (or a friend!) for balance. Bend your knee and keep this knee bent as you lift your heel and drive onto your toe. Your knee should move up (not forward).



Single leg bridge

Lie on your back with one leg up on a small bench and a weight on your hips. Drive through your heel to lift your bottom off the ground. Squeeze your glutes at the top then slowly lower back to the ground.



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DOSAGE

Aim for 3x10 repetitions for each exercise.

Aim to use a weight that is challenging by the end of the 8-10th repetition.

Perfect as a twice weekly full body strength workout.

Keep moving, keep active & keep strong.

If you are struggling with a niggle or injury or would like more specific advice please reach out. We love working with active individuals. Both In-Clinic & Online Physiotherapy is available to get you performing at your peak

