

CVRR Run Clinic: February 12, 2011

Strength Moves for Runners

(Practise barefoot if possible)

Standing, Sitting, Walking, Running TALL (ears, shoulders, hips, ankles)

Feet and Ankles

Balance moves: one-leg stand; free leg raised in front, free leg back

Work to lengthen time of hold

“Funny Walks”: on toes, on heels, on insteps, on outer edge

Ankles, Calves, Knees, Thighs (one leg at a time) Start with 1 X 15 each leg

Ankle raises: a) level floor; b) step or stair

Shin raises: a) against wall; b) in “back bridge” position

Partial squats: a) continuous; b) with “hold” (**Check knee alignment)

Core: Abs, Glutes, Obliques, Lats

Pushup progression: wall, kneeling, hands on step, hands on ground/floor

Front planks/bridge/“Utas” a) on elbows; b) on hands

Glute Recruits: a) wall, kneeling, hands on step

Shoulders, Arms

Arm swings: a) standing before mirror; b) with light weights; c) while seated

Check elbow angle, hand position, range of motion (depends on pace)

Drills: Hopping: in place; moving forward

Skipping: in place; moving forward – little skips, BIG skips