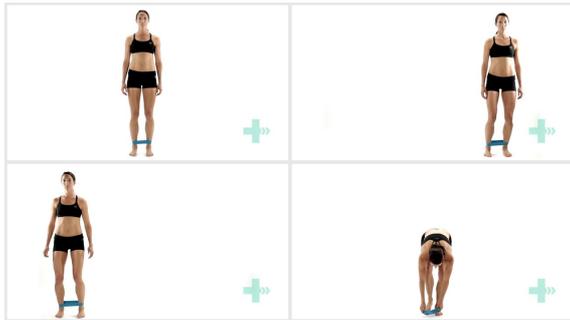




Dorset Physiotherapy Centre
 48 High West Street
 Dorchester, DT1 1UT

Here are some strength exercises for runners if you have access to weights or resistance bands. You can start with 3 or even 2 sets of 5 if you are just beginning and try to use enough weight that 5 is as many as you can do in one go. Take 2 mins rest between each exercise. If you can do more than 5 reps with the weight you have, work each set until you feel you can do 1 more, then stop, leaving the single repetition not completed. Do 3 or 4 sets of these.

5 Sets / 5 Reps



1. Resisted crab walks

Place a band around your ankles and gather some tension. Side-step keeping constant tension on the band. Make sure you do not bring your feet too close together and keep your toes and knees pointing forwards.

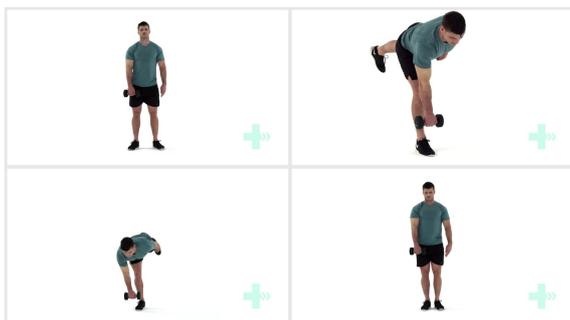
5 Sets / 5 Reps / 1kg weight



2. Rear foot elevated split squat - with dumbbells

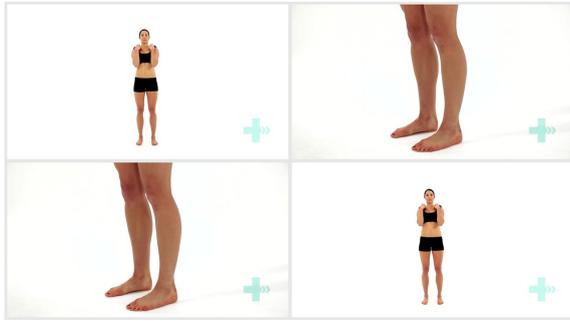
Place your back foot on a box or bench and step the front foot forward into a staggered stance, holding a dumbbell in each hand. Initiate the movement by flexing at the hips, knees and ankles until your front thigh is parallel to the ground. Your back must remain straight and upright throughout the movement with the head up and your gaze forward. Keep your knee in line with your toe and do not allow your heel to rise off the ground. Stand by pushing through your hip and returning to standing position.

5 Sets / 5 Reps / 1kg weight



3. Stiff leg deadlift - single arm, single leg with dumbbell

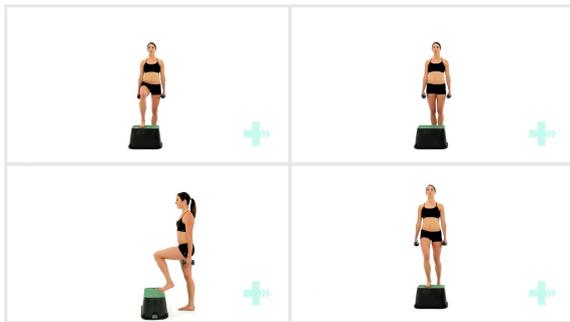
Stand with your knees slightly bent, holding a dumbbell in one hand. Hinge forward at the waist and fully extend the opposite leg out to the rear, lowering the dumbbell towards your shin. Keep your back straight and do not allow your body to rotate. Contract your gluteus and hamstrings and return to a standing position.



4. Calf raises with weight

Rest some weights on your shoulders to add extra resistance to this exercise. Rise up onto your toes, and control the movement as you lower back down to the start position.

Keep your knees straight throughout the exercise.

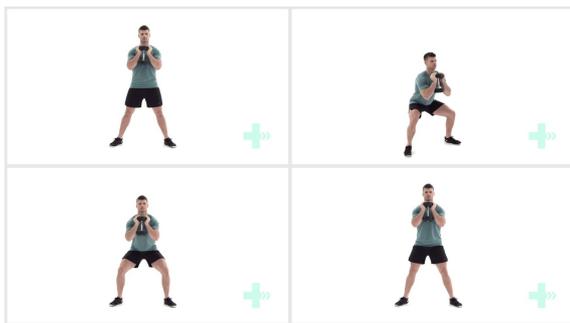


5. Step up with weight

Stand behind a step, holding weights in each hands.

Step up, making sure your knee travels directly forwards over your toes, then step back down again with the same leg.

You can alternate which leg you lead with but note, the leg starting on the step is the one to be exercised.



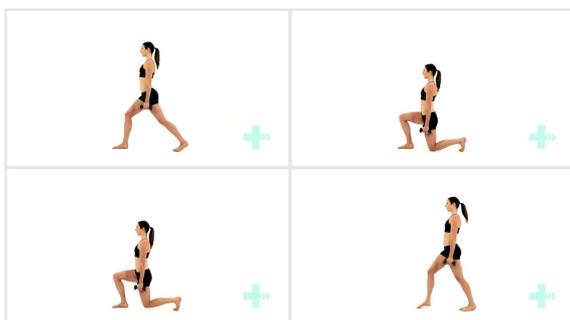
6. Goblet squat - weights

Hold on to the dumbbell, keeping it close to your chest.

Step your feet wide apart and turn the toes out slightly.

Drop down into a deep squat position, dropping your hips straight down past 90 degrees, keeping your feet on the floor.

Control the movement back to the start position.



7. Lunge - with weights

Hold the weights down by your side and step forwards on to the affected leg.

Lunge straight down, bending both knees to 90 degrees, dropping your back knee towards the floor.

Press back up and repeat this exercise.

Make sure your front knee travels directly forwards over your toes.



8. Lunge lateral - with dumbbells

Holding a dumbbell in both hands at shoulder level, step to one side placing the forward foot at a 45 degree angle. Flex at the hips, knees and ankles until your front thigh is parallel to the ground. Allow your back foot to pivot on the heel and externally rotate 90 degrees. Your back must remain straight and upright throughout the movement with the head up and your gaze forward. Keep your front knee inline with your toe and do not allow your heel to rise of the ground. Stand by pushing through your hip and returning to standing position.

5 Sets / 5 Reps



9. Nordic hamstring curl – eccentric / concentric – with bench

Kneel upright on the floor and tuck your feet under a support for stability. Keep your hips in line with your knees, maintain a neutral spine and engage your deep abdominal muscles throughout this exercise. Gently lean your upper body forwards towards the floor by opening up the angle at your knees. Stop the movement when you begin to lose control. Use the muscles in the back of your legs to assist you back to the start position. Repeat.