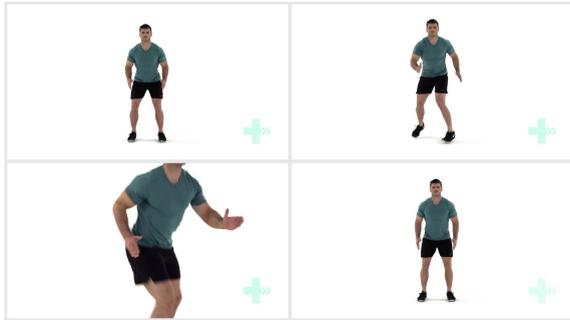




Dorset Physiotherapy Centre  
 48 High West Street  
 Dorchester, DT1 1UT

Some exercise ideas for runners to build and maintain strength if you have no equipment. Aim for 2-4 times per week depending on your running volume and what you can fit in.

1 Set / 30 Reps / 30 sec duration



**1. Base rotations**

Stand in a ready position with your knees bent and hips back. Keeping your chest facing straight ahead, rapidly jump slightly off the floor and rotate your hips to the right as you move your arms to the left. Land and immediately jump back to your left, moving your arms to the right. Continue for the prescribed amount of time.

1 Set / 15 Reps



**2. Balance and reach**

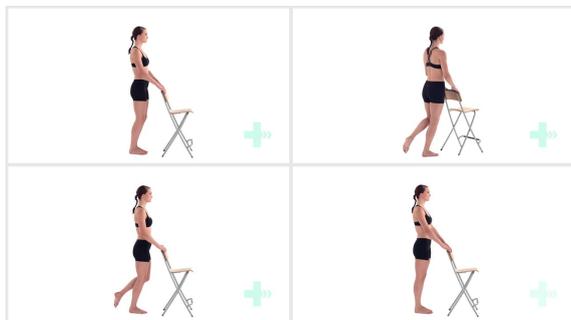
Start position is standing with one leg just behind the other at shoulder width apart. The forward leg is the stance leg and the rear leg is one large pace behind the body with the heel raised and toes lightly touching the floor. Stretch the rear leg backwards whilst counter-balancing with a forward lean of the trunk, and at the same time reach forward with the arm on the same side as the rearward leg and try to touch the floor. The stance knee should remain centred over the ball of the foot, do not let the knee waiver from side-to-side. Switch legs and perform the same movements for the other side, if the right leg is stretched back then the right arm is reaching forward.

2 Sets / 20 Reps



**3. Single leg concentric/eccentric calf strengthening on step [12020]**

Stand on a step with the ball of your foot. The back two thirds of your foot should extend over the edge of the step. Stabilize and control your body with your fingertips on a supporting surface or handrail. Transfer your weight onto one leg then raise up onto your toes on that foot slowly, keeping the foot and medial arch stable. Hold this position, supported on one foot and then lower your heel with a slow and controlled eccentric motion on one leg, maintaining the medial arch of your foot throughout the exercise. Repeat this movement.



#### 4. SL soleus heel raise

Stand on your affected leg with your knee slightly bent and your heel flat on the floor.

Keeping your knee slightly bent, rise up onto your toes, and control the movement as you lower your heel back down.

Relax and repeat.

2 Sets / 15 Reps



#### 5. SLSq deep

Stand on your affected leg.

It can be helpful to do this in front of a chair as a target.

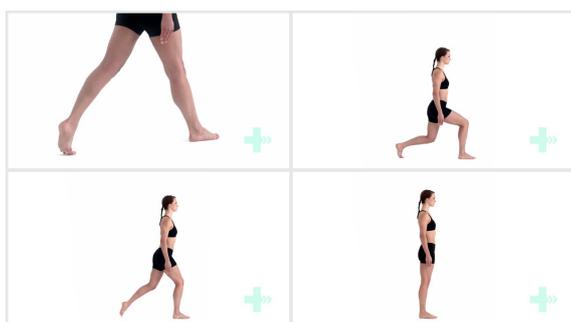
Once you have your balance, squat down on your affected leg.

Keep your back straight as you lean forwards, pushing your hips back behind you. ensure your knee travels directly forwards over your toes.

Imagine you are going to sit on the chair.

Control the movement as you straighten back up to the starting position.

2 Sets / 15 Reps



#### 6. Static lunges [09100]

Take a large step forwards on your affected leg.

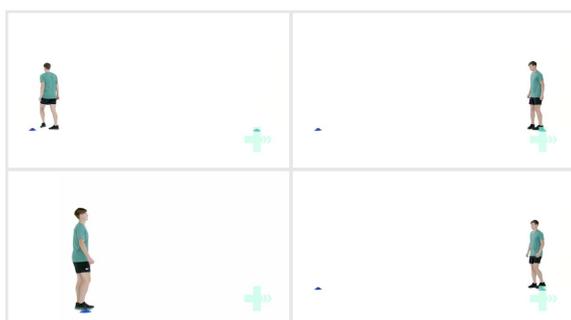
Drop your hips directly down between your two feet.

Allow both legs and hips to bend, so that your knees are at 90 degrees, your back heel comes off the floor and the shin of your front leg is vertical.

Push back up to the starting position and repeat.

Make sure your knees travel directly forwards over your toes at all times.

2 Sets / 20 Reps



#### 7. Asymmetrical skipping high knee march (arm swing)

Stand up straight.

When ready, bring one knee up as high as you can in front of you whilst you hop forward on your standing leg.

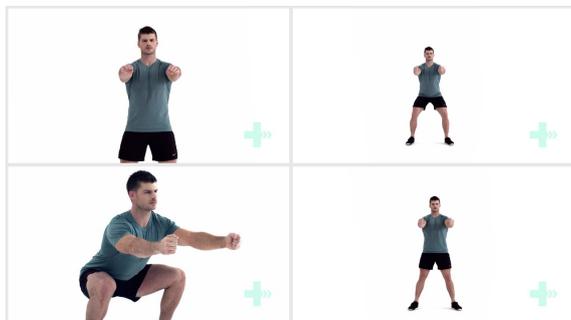
Simultaneously raise your opposite arm.

Hop forward on your standing leg once more, landing with both feet.

Upon landing, instantaneously repeat with the same arm and leg.

Continue to travel forward for the desired distance.

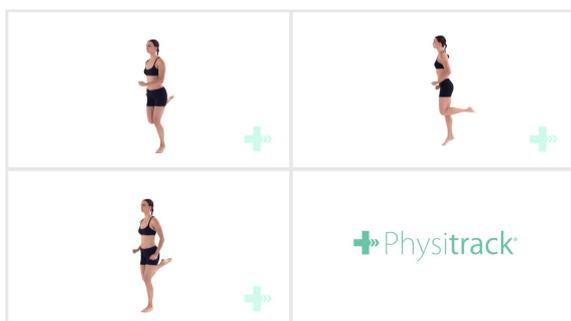
Keep your torso upright and avoid twisting.



### 8. Bodyweight squat

Start position is standing straight with the arms out in front and bent at the elbows, the fists should be clenched and the palms facing inwards. Move downwards into a squat position so that the knees are aligned over the toes and the heels are in contact with the floor, make sure the back is straight. Keep the head and chest upright and the gaze horizontal. Hold for 2 seconds and return to the start position.

2 Sets / 30 Reps / 30 sec duration



### 9. Buttock kicks jog

Jog on the spot trying to kick your heels up behind you. Make sure you land lightly on the balls of your feet, quickly springing the leg back up.

2 Sets / 5 Reps / 20 s hold



### 10. Copenhagen hip adduction exercise (no partner)

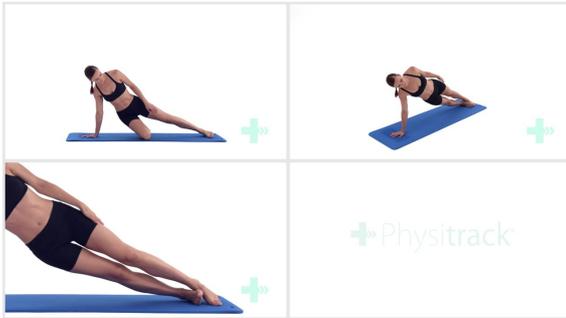
Lie on your side with the leg you would like to exercise on top. Prop yourself up on your forearm and lift your top leg up. Place your upper leg at the foot on a sturdy platform, such as a chair. Ensure both legs are straight with your body. Lift your hips up so that you have a straight line from your body through to your elevated leg. Keeping this alignment with your body and upper leg, lift your lower leg straight up to join your elevated leg. Control the movement as you lower this leg back down to gently rest on the ground, then lower your hips to gently touch the ground. Lift your hips back up again and repeat the movement. Ensure you keep your back straight and core strong throughout this movement.

2 Sets / 5 Reps / 20 s hold



### 11. Side plank split feet

Lie on your side. Support your weight on your forearm, with your elbow just below your shoulder, and put one foot in front of the other with your toes pulled up. Place your other hand on your side. Raise your body off the floor and take the weight on your elbow and feet. Make sure to tuck in your navel and pull your shoulder blades back and down. Keep your body straight by pulling an imaginary line from your legs through your spine. Make sure your pelvis does not rotate forwards or backwards.



### 12. Side plank with UL and LL raises

Kneel down and place one hand on the floor beside you.

Lean onto this arm, and walk your feet away to the other side until you have a straight line from the tip of your head to your feet.

Holding this position, try to lift the top arm and the top leg upwards, maintaining balance and alignment in your body.

2 Sets / 30 Reps



### 13. Lateral bounding

Stand with your hips flexed and your knees slightly bent.

Generate force with your arms, and bound to one side by extending the ankle, knee and hip of one leg.

Land softly on your lead leg and without pausing, bound in the opposite direction off your opposite leg.

Continue alternating to complete the set