



GLUTES

Runner's knee and IT Band issue prevention.



WORKOUT: 3 - sets of 20 - meters

- Stand up straight while retaining good posture and balance. Bring your ankle up inverting the foot towards the knee and then the waist. Feel the stretch in the glute and lateral quad area.
- Each movement should take two to three seconds on alternating legs over a 20 metre distance at slow walking pace. Do 3 x sets with a walk back recovery in between.
- This dynamic stretch is great for the glutes, hips, lower back, and lateral quad mobilization. Most runners have been sitting or lying down for hours before they go for a run, making their muscles tight in the glute, lower back, and pelvic areas. This exercise helps to mobilize the glutes and lateral quad areas prior to running.



HAMSTRING SWEEP

Hamstring tightness prevention.



WORKOUT: 3 - sets of 20 - meters

- Take a short stride forward keeping the heel firmly on the ground. Keep the front leg straight and bend the back knee sinking your bottom towards the ground as though you're about to sit in a chair.
- At the same time as keeping the front leg straight, sweep down with your hands towards the ground creating a dynamic stretch on the hamstring group. Land on both feet, letting your knees bend to absorb the force. Swing your arms behind your body as you land.
- Each movement should take two to three seconds on alternating legs over a 20 meter (60 ft.) distance at slow walking pace. Aim to do 3 x sets.
- This dynamic stretch is great for hamstring conditioning and flexibility. Conditioning of the hamstring group and long term improvement of flexibility.



ANKLE AND CALF MOBILIZATION

Achilles, calf, plantar fasciitis, and shin issues prevention.



WORKOUT: 3 - sets of 20 – meters

- This is an alternative calf raise and lowering drill. The idea is to place the foot on the ground with the toe and the ball of the foot first. Then lower your weight through the foot eventually allowing the heel to return to the ground. Think of it as the opposite to walking, going toe to heel as opposed to heel to toe. Spring forward with both feet, focusing on horizontal—not vertical—motion. Keep your jumps low to the ground (a few inches' clearance is fine).
- It should take one to two seconds for each movement alternating on each foot and leg. Aim for 15–30 seconds but pick up the pace and aim to move at a brisk walking speed. Do 3 x sets with a walk back recovery in between.
- Fantastic exercises for Achilles and calf strengthening. Mobilizes and increases flexibility at the same time. This is an absolute must for those who suffer with Achilles, calf, plantar fasciitis, and shin issues.



LEG SWINGS: ABDUCTOR AND ADDUCTOR

For those who suffer from tightness around the abductor/adductor muscle groups.



WORKOUT: 15 – Seconds each leg

- Keep your trunk and torso strong with good pelvic alignment. Head up and swing one leg across the body to end of range on the medial side and then back across to the lateral side. This movement is controlled and close to one swing per second with no forced effort. Be careful not to rotate the trunk or pelvis.
- Aim to work for 15–20 seconds, then change legs.
- Increased mobility around the abductor/adductor muscle groups along with a stronger core. Increased range of movement (ROM) and dynamic strength.



LEG SWINGS: HAMSTRING AND HIP FLEXOR

For those who suffer from tightness around hamstring and hip flexor muscle groups



WORKOUT: 15 – Seconds each leg

- Keep your trunk and torso strong with good pelvic alignment. Head up and swing the leg forwards and backwards engaging the hamstrings and hip flexor groups. Be careful not to lean forward or back keeping the pelvis in a strong and fixed position.
- Aim to work for 15–20 seconds, then change legs.
- Increased mobility around the hamstring/hip flexor muscle groups along with a stronger core. Increased range of movement (ROM) and dynamic strength.