

Strength Exercises for Runners



Single Leg Squat

10 reps x each side
2-3 x sets



Hamstring Bridge

10 reps x each side
2-3 x sets



Copenhagen Hold

30 secs x each side
2-3 x sets



Plank

45 secs approx
2-3 x sets



HF March

10 reps x each side
2-3 x sets



Pogos

5 x reps each way
2-3 x sets

Want a program tailored to your unique needs and goals? Book in with one of our Accredited Exercise Physiologists today.