

5 Strength Exercises to prevent injury and improve your running

Why is strength training is important?



Strength training is effective for reducing risk of injury by reducing muscle imbalances and improving muscle activation. This leads to an increase in the efficiency of your running biomechanics and will result in improved running performance

5 Most common Running injuries



1. Patellofemoral Pain (Front of Knee Pain)
2. Plantar fasciitis (Foot & Heel Pain)
3. Patella Tendinopathy (Below Knee Pain)
4. Achilles Tendinopathy (Low Calf Pain)
5. Gastrocnemius Injury (High Calf Pain)

1. Step Up



- 20 repetitions x 3 sets each leg
- Step onto block, drive through the planted front foot and extend through the knee and hip, step back to starting position and repeat

2. Squat



- 20 repetitions x 3 sets
- Bend your knees, pushing your hips back behind you and leaning your body forwards, as though you are about to sit on a chair. Stand back up, squeezing your buttock muscles to help with the movement.

3. Calf Raise



- 20 repetitions x 5 sets body weight only
- Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible. Return back to the starting position and repeat.

4. Banded Hip flexion



- 10 repetitions x 3 sets each leg
- Place a band around the ankles. Keep your legs straight and raise one leg out in front of you as much as you can. Control the movement back to the start position.

5. Hip Extension



- 10 repetitions x 3 sets each leg
- Start on your hands and knees, with your hands under your shoulders, and knees under your hips. Straighten your opposite leg and opposite arm simultaneously. Lower to starting position and repeat.