

A low-angle, close-up shot of a person's legs and feet as they run on a dirt trail. The person is wearing black shorts and black athletic shoes. The background shows a vast, open landscape under a cloudy sky. The overall tone is motivational and athletic.

THE MOVEMENT PHYSIO

RUN STRONG
STRENGTH PROGRAMME

ABOUT THIS PROGRAMME

Hi and Welcome to The Movement Physio Run Strong Programme.

In this programme there are 2 strength sessions for you to complete. There are 4 main exercises; an isometric hold, a stability exercise and 2 strength/movement mechanics based exercises.

Each exercise has different levels of difficulty suitable for any level. I would recommend everyone starts off with the level 1 exercises for week 1. You can then progress through the levels based on your performance and how you feel.

The sets and reps are a guide/target for you to aim for – they are not set in stone. Do what you can do – if it says to do 3 sets and you can only manage 1, that's fine. Start off slowly and over time you will be able to do more if you consistently do the programme.

I would recommend having at least 1 or 2 rest days between the 2 strength sessions and only do 2 sessions per week. After your first two weeks, you may be able to add a 3rd or 4th session per week based on your performance and how you feel.

As you progress up the levels remember the exercises will get harder and more taxing so keep that in mind when deciding how many sessions to do.

What about the running that I am doing?

This is a strength programme. It will make you stronger but it will also fatigue you.

If you were to maintain your normal running volume AND perform this programme it could result in injury and decrease the training effect for both programmes.

So, I would recommend that you reduce your running volume by approximately 25-33% for the first 2 weeks of this new strength programme. After the two weeks start to gradually increase the running volume back up to normal.

ABOUT THIS PROGRAMME

PAIN. PAIN. PAIN.

This is not a physiotherapy programme – this is a strength programme – if you are in pain please get assessed by a health care professional before you attempt to do this programme.

If you experience any pain – actual pain that does not ease off after you do the exercise rather than just muscular ache (because you will definitely feel your muscles screaming at times during the programme) – please stop doing the exercise that causes you pain. Rest and come back to it another time or regress back to an easier level.

The pain that you experience will most likely be due to the fact you are over-loading your body and it is not used to it. Give your body enough time to recover from a previous strength session or run. Regress the exercise and reduce the amount of reps and sets.

If you have done all the above and things still continue to be painful [click here to get in touch and see if we can help and point you in the right direction.](#)

Warm Up

Doing a light warm up prior to starting the strength session is advisable - you do not need to do anything specific and it does not need to take long.

Initially, focus on raising your heart rate by going for a 5 minute brisk walk or small jog.

Following this, begin focusing on your lower body by doing some dynamic movements and stretches.

STRENGTH SESSION 1

EXERCISE	SETS	REPS	KEY POINTS
<p>ISOMETRIC HOLD</p> <p>LEVEL 1: HAMSTRING BRIDGE 90/90 LEVEL 1: SINGLE LEG PROGRESSION LEVEL 1: CALF PUMP PROGRESSION</p> <p>LEVEL 2: HAMSTRING BRIDGE ON STEP LEVEL 2: SINGLE LEG PROGRESSION</p>	<p>3</p> <p>3</p>	<p>HOLD: 15 SECS - 1 MINUTE</p> <p>HOLD: 15 SECS - 1 MINUTE</p>	<p>COMPLETE HOLD ON BOTH LEGS FOR SET TIME BEFORE PROGRESSING TO SINGLE LEG ON BOTH LEVEL 1 & 2.</p> <p>SHOULD FEEL THESE EXERCISES IN THE CALF, HAMSTRINGS OR GLUTE.</p>
<p>3D KNEELING STABILITY</p> <p>LEVEL 1: KNEELING LUNGE</p> <p>LEVEL 2: KNEELING RDL</p> <p>LEVEL 3: KNEELING BALANCE REACH</p>	<p>2-3</p>	<p>3-8 REPS EACH VARIATION EACH LEG</p>	<p>SLOW AND CONTROLLED.</p> <p>FOCUSING ON BALANCE.</p> <p>TRY TO USE NON-WORKING LEG AS LITTLE AS POSSIBLE.</p>
<p>3D RDL</p> <p>LEVEL 1: RDL + 3D REACHES</p> <p>LEVEL 2: HEEL ELEVATED RDL + 3D REACHES</p>	<p>2-3</p>	<p>3-8 REPS EACH VARIATION EACH LEG</p>	<p>KEEP WEIGHT AS FORWARD AS POSSIBLE. USE BACK LEG AS LITTLE AS POSSIBLE.</p>
<p>3D LUNGES</p> <p>LEVEL 1: REVERSE LUNGE + HAND SUPPORT</p> <p>LEVEL 2: REVERSE LUNGE LEVEL 2: REVERSE LUNGE + SLB PROGRESSION</p> <p>LEVEL 3: REVERSE LUNGE + 3D REACHES</p>	<p>2-3</p> <p>2-3</p> <p>2-3</p>	<p>6-15 REPS EACH LEG</p> <p>6-15 REPS EACH LEG</p> <p>2-5 REPS EACH VARIATION EACH LEG</p>	<p>USE THE HAND SUPPORT AS MUCH AS YOU NEED - OVER TIME REDUCE SUPPORT.</p> <p>REACH AS FAR AS YOU CAN WHILST MAINTAINING BALANCE.</p>

STRENGTH SESSION 2

EXERCISE	SETS	REPS	KEY POINTS
<p>ISOMETRIC HOLD</p> <p>LEVEL 1: WALL STRIDE 90/90 LEVEL 1: SINGLE LEG PROGRESSION LEVEL 1: CALF PUMP PROGRESSION</p> <p>LEVEL 2: HAMSTRING BRIDGE ON FOAM ROLLER LEVEL 2: SINGLE LEG PROGRESSION</p>	<p>3</p> <p>3</p>	<p>HOLD: 15 SECS - 1 MINUTE</p> <p>HOLD: 15 SECS - 1 MINUTE</p>	<p>COMPLETE HOLD ON BOTH LEGS FOR SET TIME BEFORE PROGRESSING TO SINGLE LEG ON BOTH LEVEL 1 & 2.</p> <p>SHOULD FEEL THESE EXERCISES IN THE CALF, HAMSTRINGS OR GLUTE.</p>
<p>3D STABILITY</p> <p>LEVEL 1: SINGLE LEG BALANCE (SLB)</p> <p>LEVEL 2: TOE TAPS + HAND SUPPORT LEVEL 2: PROGRESSION TOE TAPS</p> <p>LEVEL 3: SINGLE LEG BALANCE + 3D REACHES</p>	<p>2</p> <p>2-3</p> <p>2-3</p>	<p>30 -45 SEC HOLD EACH LEG</p> <p>3-8 REPS EACH VARIATION EACH LEG</p> <p>3-8 REPS EACH VARIATION EACH LEG</p>	<p>SLOW AND CONTROLLED.</p> <p>FOCUSING ON BALANCE.</p> <p>ONLY REACH AS FAR AS YOU CAN WHILST MAINTAINING GOOD BALANCE.</p>
<p>3D RDL</p> <p>LEVEL 1: RDL + 3D REACHES</p> <p>LEVEL 2: HEEL ELEVATED RDL + 3D REACHES</p>	<p>2-3</p>	<p>3-8 REPS EACH VARIATION EACH LEG</p>	<p>KEEP WEIGHT AS FORWARD AS POSSIBLE. USE BACK LEG AS LITTLE AS POSSIBLE.</p>
<p>3D STEP UPS</p> <p>LEVEL 1: WEIGHT SHIFTS + 3D REACHES</p> <p>LEVEL 2: FORWARD STEP UPS + 3D REACHES</p>	<p>2-3</p>	<p>3-8 REPS EACH VARIATION EACH LEG</p>	<p>REACH AS FAR AS YOU CAN WHILST MAINTAINING BALANCE.</p> <p>USE THE BACK LEG AS LITTLE AS YOU POSSIBLE CAN.</p>

WHAT NEXT?

Feeling like you need a bit more help?

Why not join the private Run Strong Facebook Group exclusively for RunStrong customers!

This group will be used for:

Answering any questions or queries about the programme
Further exercise progressions, updates and more!
Great tips to keep you running strong!

Make sure to look out for the email invite to join the Facebook Group. Or click on the link below to join now!



Purchased the programme but have not received the email invite?

[Click here to get in touch!](#)

Any updates or additions that are made to this programme you will receive completely free.

Completed the programme but still need some help?

[Click here to get in touch to see if we can help!](#)

Remember to follow The Movement Physio on social media - any pictures or videos of you doing the exercises is greatly welcomed!



We really appreciate you purchasing this programme and would be delighted if you referred friends and family to us! However, please refrain from simply forwarding this programme to them free of charge.

Refer a friend: Use RunStrong2020 at checkout to receive a 15% discount.