

Warm up - 5 minute fast walk or slow jog

Perform each exercise for 45 seconds followed by a 15 second rest in between (45/15)

Repeat 3 times

1.

Wall sit

Why

Build strength in quads and calves.

How to

Placing back against wall, drop into seated position ideally at right angles.

Place hands beside your body against the wall.

Lift alternate legs and/or perform small calf raises for deeper activation.

Make it advanced

Place your hands above your head against the wall.

Increase each rep to 60/15 and then 90/15 all for 3 rounds.

Expert tips

Ensure back is flat against wall.



2.

Banded single triple jump

Why

To develop calf strength whilst isolating one leg at a time.

This exercise also improves coordination and ensures that any imbalances between sides can be viewed and corrected if required.

How to

Place a resistance band around waist and standing on one leg perform three small quick hops on the same leg away from the band anchor point, pause and hold and jump back in 3 small jumps.

Make it advanced

Band resistance can be adjusted, longer last hold and increased jump length are to be added for more advanced runners.

Increase each rep to 60/15 and then 90/15 all for 3 rounds.

Expert tips: Resistance must be on from the start.



3.

Runners' touch + bosu

Why

To develop coordination, core and leg strength.

How

Stand in a runners stance with one leg raised at 45 degrees, reach down and touch bosu and return to starting position in an even fluid motion.

Make it advanced

Increase each rep to 60/15 and then 90/15 all for 3 rounds.

Expert tip

Perform on ground and or perform half touch until confident.

