

## Support your running

Always view the **'before you start'** document prior to beginning.

For every **resistance** exercise, complete 3 sets of 10-15 repetitions, with a 30 second break between sets (unless otherwise stated). **Increase the repetitions to make this harder.**

For every **cardio** exercise, complete intervals of 30 seconds fast and 1 minute cool down, and repeat that 3-4 times (unless otherwise stated). **Increase the 'fast' time to make this harder.**

### 1 Squats or Lunges

Alternative: Do the exercise most comfortable for you, or do sit to stand from a bench



### 2 Heel raises

Alternative: Do this on a flat surface"



### 3 Kick back and out

Alternative: Stand up and hold something stable, then kick your leg back



### 4 Leg press machine

Alternative: Lunges, squats, or sit to stand from a bench



### 5 Cross trainer

Alternative: Bicycle



### 6 Sit ups

Alternative: Crunches, half sit ups, or a plank on your knees



This is ideal for just after a run,  
or on a non-running day to help support.