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.