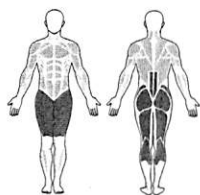


## Strength Building

# 46



### HALF BRIDGE POSE WITH RAISED TOES

This version of the classic Bridge Pose in yoga is specially tailored to the needs of runners. The trick to doing this exercise safely is being able to come back down one vertebra at a time.

#### Starting position

Lie on your back with your knees bent and your feet hip-width apart.

#### Action

As you inhale, lift your pelvis until it forms a straight line from your knees to your shoulders. To fine-tune the movement, lift your heels to transfer more weight onto your toes. As you exhale, first lower your heels, then lower your pelvis and roll your back down to the ground one vertebra at a time.

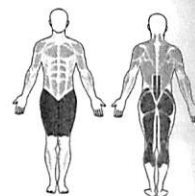
#### Duration

15 reps.

#### What to avoid

Lifting your pelvis too high or not high enough.  
Not unrolling your spine as you lower your back to the floor.

# 47



### SINGLE-LEG HALF BRIDGE POSE

This exercise puts the gluteus maximus, spine, and abdominals to the test. Every runner should be able to do this properly.

#### Starting position

Lie on your back with your knees bent and your feet hip-width apart.

#### Action

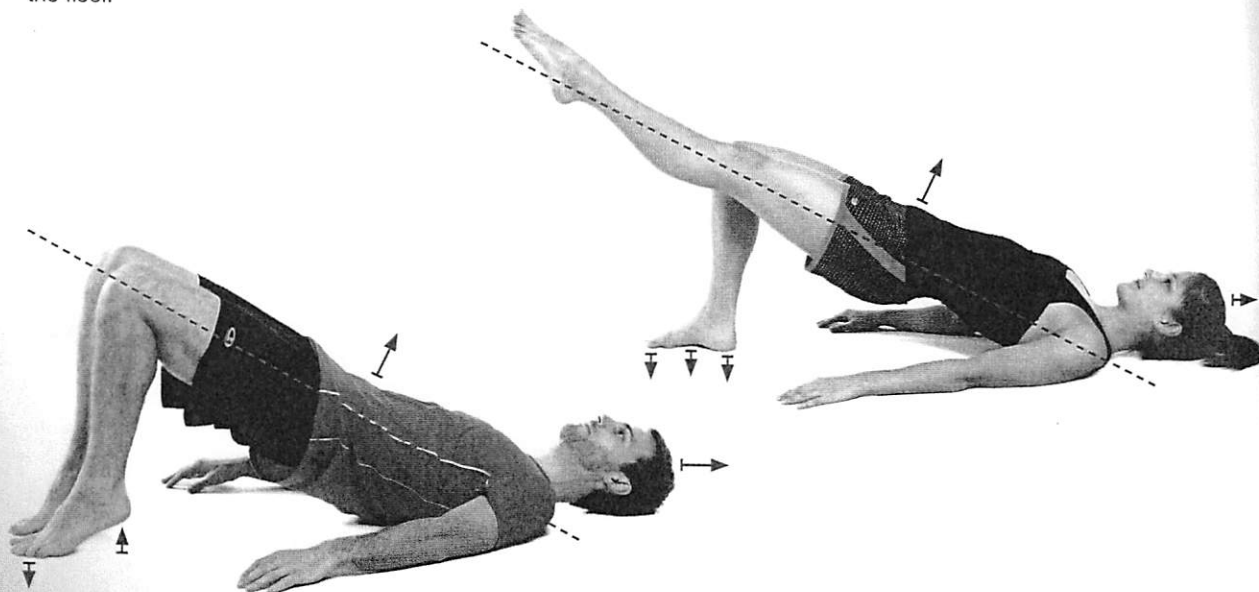
As you inhale, press into both feet and lift your pelvis into Half Bridge Pose. Once your pelvis is in position, extend one leg, keeping your thighs parallel to one another. As you exhale, lower your pelvis and roll your back down to the ground one vertebra at a time, keeping your thighs parallel and your foot lifted. Plant your foot and start again on the other side.

#### Duration

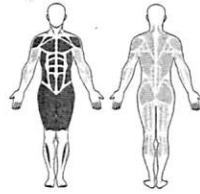
10 reps on each side.

#### What to avoid

Letting your pelvis tip to one side.  
Losing the alignment in your thighs.



# 48



## FOREARM PLANK

This exercise is one of the essentials in every runner's tool kit. It strengthens the core muscles, which is why we should all master it. If you have back problems, try doing a Half Plank instead by keeping your knees on the ground.

### Starting position

Lie face down with more weight on your knees than on your feet. Position your elbows directly beneath your shoulders and lift up onto your forearms, joining your hands together to form a triangle with your elbows.

### Action

Slide your shoulder blades down your back, lengthen your spine, and engage your core. Then press your elbows and your toe mounds into the ground to lift your pelvis. Hold this pose and breathe normally.

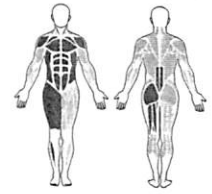
### Duration

5 to 60 seconds (increase the duration gradually, without giving it your all from the start).

### What to avoid

Arching your back and lifting your shoulders.

# 49



## SINGLE-LEG FOREARM PLANK

This version of Forearm Plank develops stability on one leg—which is crucial for runners.

### Starting position

The same as for the previous exercise.

### Action

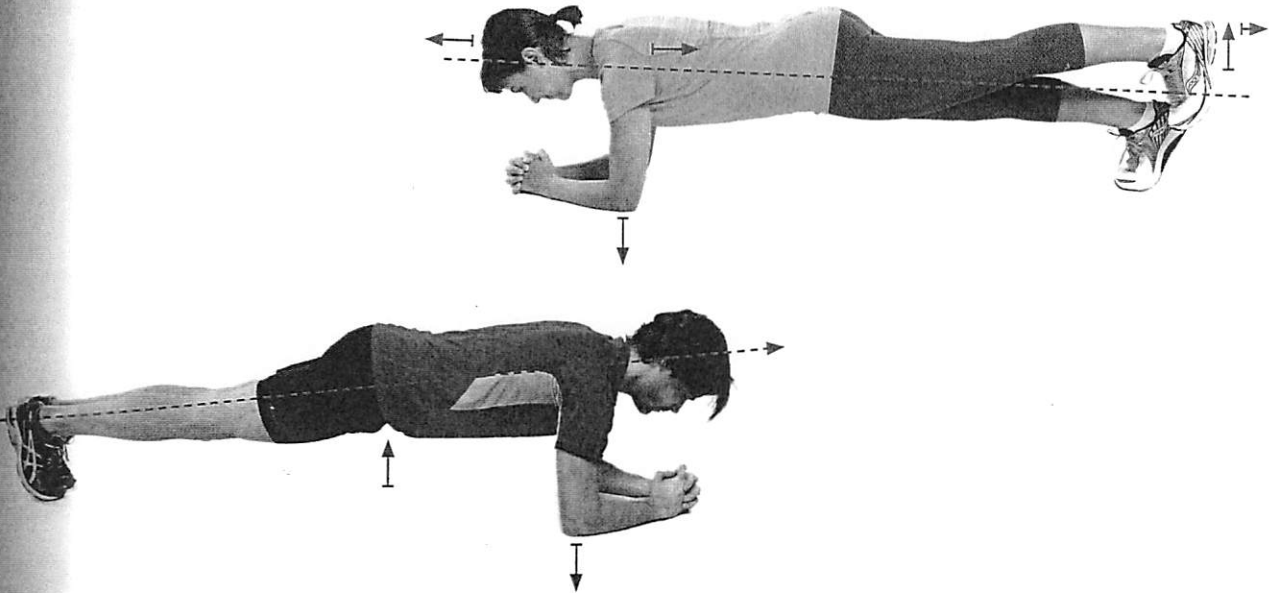
Once you're in Forearm Plank, lift one leg, stretching out through your heel and the crown of your head, as you exhale. Return your leg to the ground as you inhale. Alternate from one leg to the other.

### Duration

3 to 10 reps on each side.

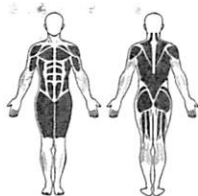
### What to avoid

Arching your back.  
Letting your pelvis tip to the side.



## Strength Building

# 50



### SIDE PLANK

A complement to the standard forearm plank exercises, Side Plank requires a great deal of control. Take the time to master the pose before you up the duration, and feel free to start with Half Plank (with your bottom knee on the ground) if you need to. This exercise develops lateral stability.

#### Starting position

Lie on your side with your elbow beneath your shoulder.

#### Action

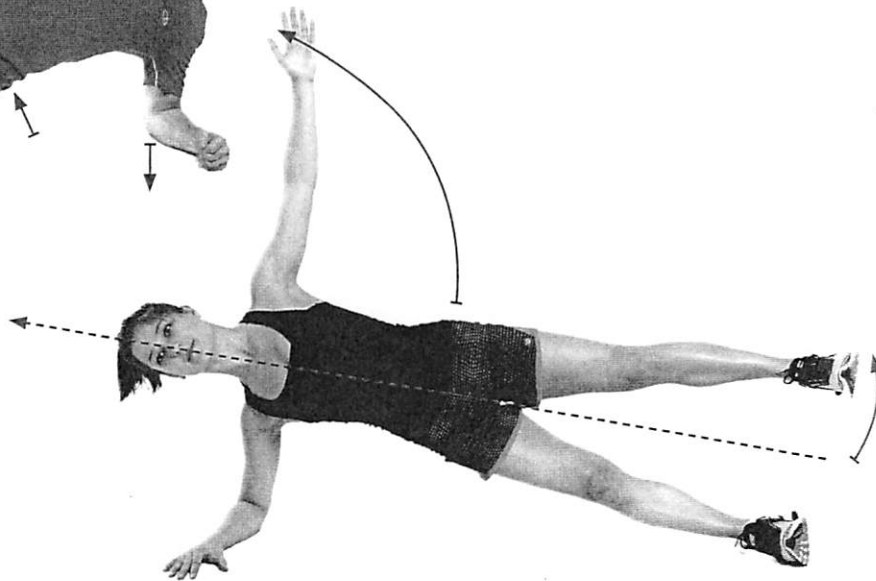
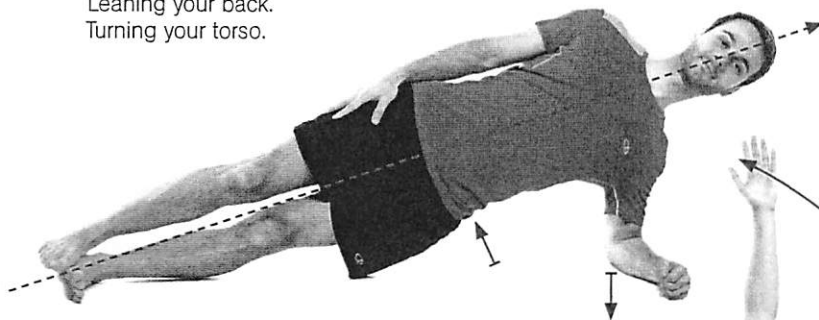
Slide your shoulder blades down your back, lengthen your spine, and engage your core. Press your elbow into the ground and lift your pelvis until your body forms one straight line. Hold this pose and breathe normally.

#### Duration

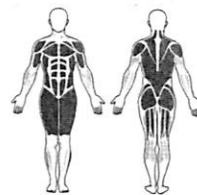
5 to 60 seconds (increase the duration gradually, without giving it your all from the start).

#### What to avoid

Leaning your back.  
Turning your torso.



# 51



### SIDE PLANK WITH ARM EXTENSION

This version of Side Plank is a test in itself. It works the abductor (outer) muscles of the hips in particular.

#### Starting position

Lie on your side with your elbow beneath your shoulder.

#### Action

Once you're in Side Plank position, exhale and extend your top leg and arm. Return to Side Plank as you inhale. Repeat as you are able to.

#### Duration

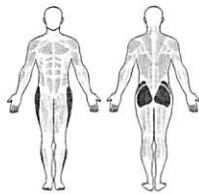
1 to 5 reps on each side.

#### What to avoid

Losing the alignment in your spine.

## Strength Building

# 58



### STANDING HIP ABDUCTION

Runners will find their hip abductor muscles growing weak if they don't incorporate some exercises that work on lateral motion. Training the abductors is a must. This exercise targets the gluteus medius.

#### Starting position

Stand on one leg with your knee slightly bent, and a resistance band or cable and pulley attached to your free ankle.

#### Action

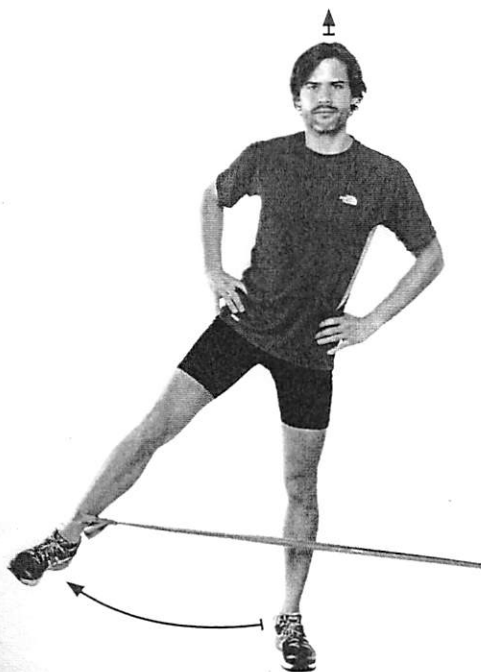
Engage your core and extend your spine, then open your leg to the side as you exhale. Return to the starting position as you inhale.

#### Duration

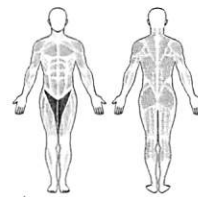
10 to 15 reps on each side.

#### What to avoid

Losing the alignment in your spine.  
Exaggerating the movement.



# 59



### STANDING HIP ADDUCTION

This exercise complements the previous one, as it works on the muscles of the inner hips.

#### Starting position

The same as for the previous exercise.

#### Action

Engage your core and lengthen your spine, then pull your leg to the inside (across your body) as you exhale. Return to the starting position as you inhale.

#### Duration

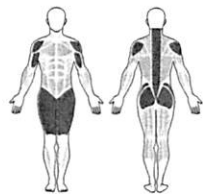
10 to 15 reps on each side.

#### What to avoid

Losing the alignment in your spine.  
Exaggerating the movement.



# 56



## CHAIR SQUAT

This version of the popular exercise involves keeping a long spine. It targets the quads and the glutes.

### Starting position

Stand with your feet a little wider than hip-width apart, your arms stretched out in front of your body at shoulder height, and your spine nice and long.

### Action

As you inhale, bend your knees to a 90° angle, keeping your spine long. As you exhale, push into both feet equally to return to the starting position.

### Duration

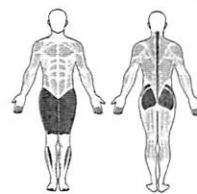
10 to 15 reps.

### What to avoid

Rounding your back.  
Letting your knees drift to the inside or outside.



# 57



## SINGLE-LEG SQUAT

This version involves more challenging stabilization work. Every runner should be able to do a controlled squat on one leg. It also puts the flexibility of your calf muscles to the test.

### Starting position

Stand on one leg.

### Action

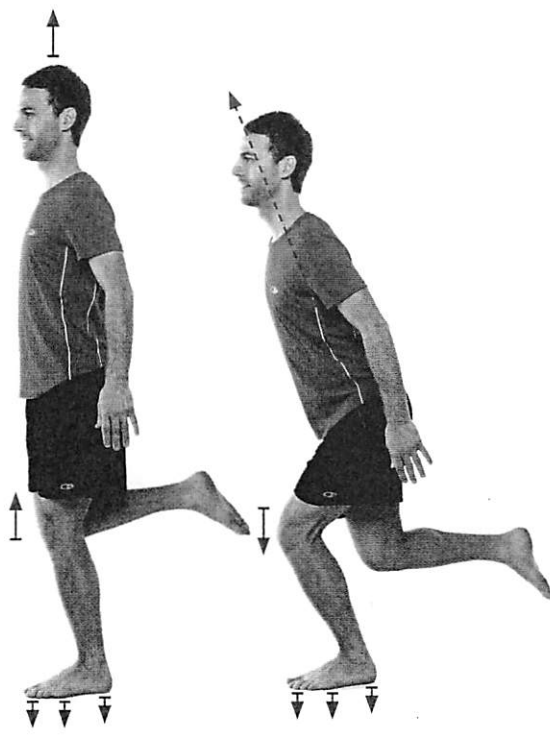
As you inhale, bend your knee to a 90° angle. As you exhale, push into the ground and return to the starting position.

### Duration

10 reps on each side.

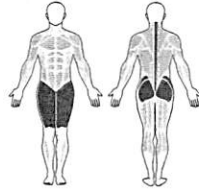
### What to avoid

Rounding your back.  
Letting your knee drift to the inside or outside.



## Strength Building

# 54



### RUNNER'S LUNGE

This classic lunge is another one of the basics for runners. It is very effective at strengthening the quadriceps.

#### Starting position

Stand upright with your feet hip-width apart. Take a long stride forward with one foot and line up the knee over the foot. Keep your pelvis in alignment and your back straight.

#### Action

As you inhale, lower your tailbone until your front thigh is horizontal, keeping your back straight and your spine long. Lift up again in a straight line as you exhale. Keep your front knee aligned over your foot.

#### Duration

10 to 20 reps on each side.

#### What to avoid

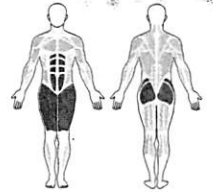
Letting your front knee drift to the inside or outside.  
Leaning your torso.  
Letting your front knee move ahead of the foot.



### VARIATIONS

If you have enough space, doing lunges walking forward or backward can add an interesting dimension to this exercise.

# 55



### LUNGE WITH LEG LIFT

This version of the lunge is specifically tailored for runners and requires more balance and coordination. It also provides an eccentric contraction (extension) for the quads, a movement that runners need to have good control of.

#### Starting position

Stand upright with your feet hip-width apart.

#### Action

As you inhale, step forward into a lunge. As you exhale, push back to the starting position and lift your knee to hip height. From this position, step forward again to a lunge, and so on.

#### Duration

10 reps on each side.

#### What to avoid

Letting your front knee drift to the inside or outside.  
Leaning your torso.  
Letting your front knee move ahead of the foot.

