

# 5 TOP EXERCISES - FOR STAYING INJURY FREE

Suggested by Jane Campbell, Physiotherapy Manager, UPMC Aut Even Hospital



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PINK RUN**

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Resistance training or strength training is a good way of reducing injuries from running

## Exercise One - Calf Raises

Start



End



- Start by putting your finger tips on a wall or under a surface like a window-sill or counter top. Rise up onto your toes, keeping your knees straight. Take one second to rise up, hold for a second and one second to lower. Repeat 12 times.
- Complete 3 rounds of 12 repetitions with a 1-2 minute recover in between.
- To progress exercise add a weight. This can be as simple as putting a back pack with some kilo bags of sugar or flour into it, on your back as you carry out the exercise.

## Exercise 2 – Lunges

Start



End



- Start by standing with your two feet together. Take a large step forward to create a large stride. Make sure your back heel is off the floor and you are on your toes. Your front foot should be flat on the floor. Both your feet should be pointing forward. Now bend both knees. The aim is send your back knee straight down towards the floor. Your front knee will be bent and in line with your front foot. Hold for one second. Now straighten both knees. Repeat the proscribed number of times.
- Complete 3 rounds of 12 on each leg. With a 2-3 minute break between.
- To progress, after you straighten your knees, step your feet back to the starting position between each repetition. Really push off your front foot to do this!

## Exercise 3 - Sit to Stand/Squat

Start



End



- Place a chair against a wall. Start by standing on front of it with your back to the chair and your feet shoulder distance apart. Put your hands across your chest. Slowly for the count of 3 seconds, sit back to touch your bottom off the chair, without sitting down completely. Return to standing. Make sure you keep your head and chest up while you do this movement and really bend your knees to get to the seat. Repeat 12 times.

## Exercise 4 - Glute Bridge

Start



End



- Lie flat on your back with your two knees bent. Press the small of your back into the floor and slowly peel your bottom and lower back off the floor. Stop before you feel yourself arching your back. The aim of this exercise is to get your bottom off the floor, without arching your back to do it.

- Complete 3 rounds of 12 with a 1-2 minute break in between.

## Exercise Five - Hip Abduction

Start



End



- Standing. Lift one leg out to the side. Hold for 5 seconds and return to starting position. Repeat the same movement for the required number of repetitions. Then immediately do on the other side, lifting the other leg.

- Complete 2-3 rounds, 8-10 times on each side and then take a 2-3 minute recovery.

### Note for beginners

If 3 rounds of the exercises are too difficult initially start with one round first, build up to 2 and then 3.

Jane recommends adding one or two days of strength training into your running programme.

Haven't signed up yet? It's not too late!

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