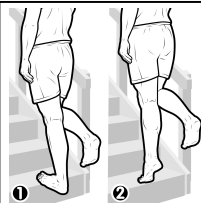


# RUNNERS ENDURANCE TARGETS



## SINGLE-LEG CALF RAISE

With the ball of your foot on the edge of a step and opposite leg bent up (1), slowly rise up onto your toes as far as you can (2). Slowly lower, dropping your heel to the level of the step. Under 15 = poor, 15-30 = good, over 30 = excellent

SETS & REPS:

FREQUENCY:

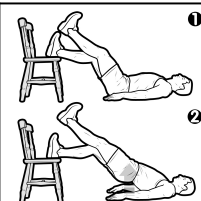


## SIDE-LYING HIP ABDUCTION

Lie on your side with your bottom leg bent for support and your top leg straight with your hip extended. Raise your leg up as high as you can, keeping your foot parallel to the floor. Ensure you do not hip hitch. Slowly lower and repeat. Under 15 = poor, 15-30 = good, over 30 = excellent

SETS & REPS:

FREQUENCY:



## SINGLE-LEG HAMSTRING BRIDGE ON CHAIR

Lying on the floor with one foot on a chair, knee bent 45°, the other leg raised in the air (1). Bridge your hips up off the floor as high as you can (2). Slowly lower and repeat. Under 15 = poor, 15-30 = good, over 30 = excellent

SETS & REPS:

FREQUENCY:



## PRONE BRIDGE

With your forearms and feet on the floor and elbows directly under your shoulders, assume the plank position. Concentrate on keeping the spine in a neutral position and contracting your lower abdominals and gluteals. Hold. Under 90 secs = Poor, 90-180 secs = good, over 180 secs = excellent

SETS & REPS:

FREQUENCY:



## SIDE PLANK

In side-lying with your elbow directly under your shoulder and feet on the floor, raise your hips up until your body and legs form a straight line. Concentrate on keeping your spine in a neutral position, hips up and contracting your lower abdominals. Hold. Under 60 secs = poor, 60 - 120 secs = good, over 120 secs = excellent

SETS & REPS:

FREQUENCY:

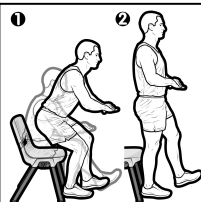


## ROMAN CHAIR STATIC HOLD (CAN USE A BENCH)

On a Roman chair, position your hips over the pad with your knees slightly bent and your back straight. Contract your hamstrings, gluteals and lower abdominals and extended your arms out straight and maintain this position. Relax your trunk down then repeat. Under 90 secs = poor, 90 - 120 secs = good, over 120 secs = excellent.

SETS & REPS:

FREQUENCY:



## SINGLE-LEG SIT-TO-STAND

Sit on a chair with one foot off the floor (1). Lean forward and stand up from the chair on the one leg (2). Ensure your knee stays aligned forwards and doesn't drift inwards. Slowly sit back down again and repeat. Under 20 = poor, 20 - 25 = good, over 25 = excellent

SETS & REPS:

FREQUENCY: