

Exercise plan:
Strengthening for runners

Patient:
Running Program

Date:
22nd Jan 2024

Plank Reverse

Lie face up, and rest on your forearms forming a bridge between your feet and your forearms (by lifting your pelvis). This is a good core and back strengthening exercise.

Hold for Aim for 30sec, Repeat 1 times, Perform 1 times daily

Video: <http://youtu.be/gxz8EKgOLXs>



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Tip Toe Walking

Walk on tip toes. Start by doing it in trainers, but when you get more confident do it in bare feet. It's a fantastic foot, ankle and leg strengthening exercise to the ligaments and muscles. It also helps improve balance.

Hold for Aim for 20 sec, Repeat 2 times, Perform 1 times daily

Video: <https://youtu.be/F-T39hIQ6i0>



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Full Squat

Open your legs slightly wider than shoulder width, and bend your knees to the full squat (90-degrees) position. Your feet can be pointing directly forwards, or turned out slightly. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground.

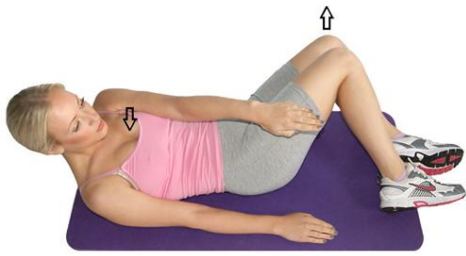
Repeat 10 x 2 times, Perform 1 times daily

Video: http://youtu.be/d_xB-41ieqw



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Cross-Crunch



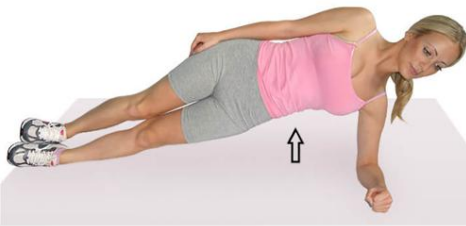
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Lie flat on your back, and bend your hips and knees so your feet are off the floor. Rotate your lower back and pelvis so your knees are resting on the floor. Do an Oblique crunch by reaching forwards towards your knees, but as you do this, rotate your knees to the opposite side so you get a rotation in opposite directions from the pelvis and the upper body. This will contract your abdominal and Oblique muscle groups.

Repeat 10 x 2 times, Perform 1 times daily, Both sides

Video: <https://youtu.be/isYakcc25S8>

Side Plank



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Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis from the floor). This exercise works the abdominal and Oblique muscles but is also useful to build spinal stability.

Hold for Aim for 30 sec, Perform 1 times daily, Both sides

Video: <http://youtu.be/vQKLvMTYA9Q>

Dear Chloe, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on admin@heavitree-osteopaths.co.uk. Good luck and keep with it!

Exercise Diary:



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Plank Reverse

25. Jan (Week 1)							01. Feb (Week 2)							08. Feb (Week 3)							15. Feb (Week 4)						
T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W
22. Feb (Week 5)							29. Feb (Week 6)							07. Mar (Week 7)							14. Mar (Week 8)						
T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W



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Tip Toe Walking

25. Jan (Week 1)							01. Feb (Week 2)							08. Feb (Week 3)							15. Feb (Week 4)						
T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W
22. Feb (Week 5)							29. Feb (Week 6)							07. Mar (Week 7)							14. Mar (Week 8)						
T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W



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Full Squat

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T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W
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T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W



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Cross-Crunch

25. Jan (Week 1)							01. Feb (Week 2)							08. Feb (Week 3)							15. Feb (Week 4)						
T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W
22. Feb (Week 5)							29. Feb (Week 6)							07. Mar (Week 7)							14. Mar (Week 8)						
T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W

Side Plank



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25. Jan (Week 1)							01. Feb (Week 2)							08. Feb (Week 3)							15. Feb (Week 4)						
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22. Feb (Week 5)							29. Feb (Week 6)							07. Mar (Week 7)							14. Mar (Week 8)						
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