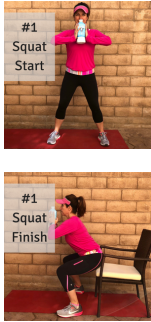


Workout of the Season #1: The Runner's Strength Workout

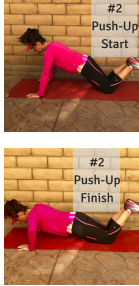
1. Goblet Squats



#1 Squat Start
#1 Squat Finish

Standing with your feet hip-width apart and holding a dumbbell or jug of milk(optional), sit back and lower down into squat position focusing on keeping your weight back over your heels. You can use a chair and tap your tush on the seat (but don't rest there :) Press and extend your legs, focusing on pushing through your heels to activate your glutes. Lower and repeat slowly for 1 minute.

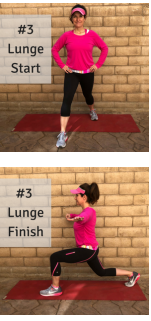
2. Push Up + Plank Hold



#2 Push-Up Start
#2 Push-Up Finish

Start in modified push up position on your hands and knees (if you can perform full push ups - go for it). Press up and extend the arms straight, hold for 5 seconds with a neutral body alignment (plank), and lower slowly back down. Repeat for 1 minute.


3. Lunges (60 seconds each leg)



#3 Lunge Start
#3 Lunge Finish

Stagger your feet front and back and separate to hip width apart. Keeping your torso tall, bend the front knee 90-degrees until the thigh is parallel with the floor. Make sure the knee is over the ankle and not beyond the toes. Pause and push through your front heel to return to starting position and repeat for 1 minute. Perform one minute on one leg and then on the opposite side.


4. and 6. Planks (30 seconds)



#4 and #6 Plank

Lie face down with your forearms on the floor. Push up and hold the position so your elbows are under your shoulders and arms bent at 90 degrees. Hold your body in a straight line from your head to your feet and focus on tightening your glutes for 30 seconds.

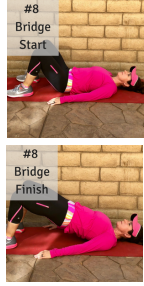
5. Side Plank (30 seconds each side)



#5 Side Plank

Shift to your side on your elbow and feet, and hold the lateral plank for 30 seconds. Repeat on the other side.

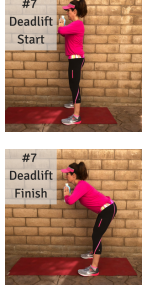
8. Bridge



#8 Bridge Start
#8 Bridge Finish

Lie on your back with your hands by your sides on the floor. Using your gluteal muscles (bum), squeeze and lift your hips off the floor until you make a line from your knees to your hips and shoulders. Pause for a few seconds and lower your hips back to the floor. Repeat for 1 minute. For an extra challenge, keep your bum off the floor when you lower down.

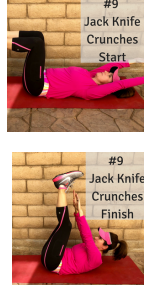
7. Deadlift (60 seconds)



#7 Deadlift Start
#7 Deadlift Finish

Stand with your feet a little wider than hip-width apart holding a light dumbbell, jug of milk or nothing at all. With your knees bent softly and torso tall, bend forward from the hips, focusing on keeping your core activated. Then squeeze through your glutes to straighten up.


9. Jack Knife Crunches



#9 Jack Knife Crunches Start
#9 Jack Knife Crunches Finish

Lay on your back with your arms over your head and your legs bent with feet on the floor. Crunch and extend your legs slowly straight up towards the ceiling, and reach your hands towards your toes and slowly lower back down to starting position. Focus on keeping your core contracted and low back on the floor.

10. Fire Hydrants (60 seconds on each side)



#10 Fire Hydrants Start
#10 Fire Hydrants Finish

On your hands and knees, slowly raise your right bent leg up to the side, pause and hold for 2 seconds, then slowly release down. Perform this on one side for 1 minute and then repeat on the opposite side.