

Training a Runner's Legs

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Single Leg Bridge

Level III



- Pull one knee in toward chest and hold
- Squeeze buttocks to lift hips from floor as high as possible without arching back, keep abs tight
- Slowly return to starting
- Modifiers:* Level II - perform above exercise with ankle resting on opposite knee or Level I – Place both feet on the ground parallel to each other

Clamshell

Level I



Level II



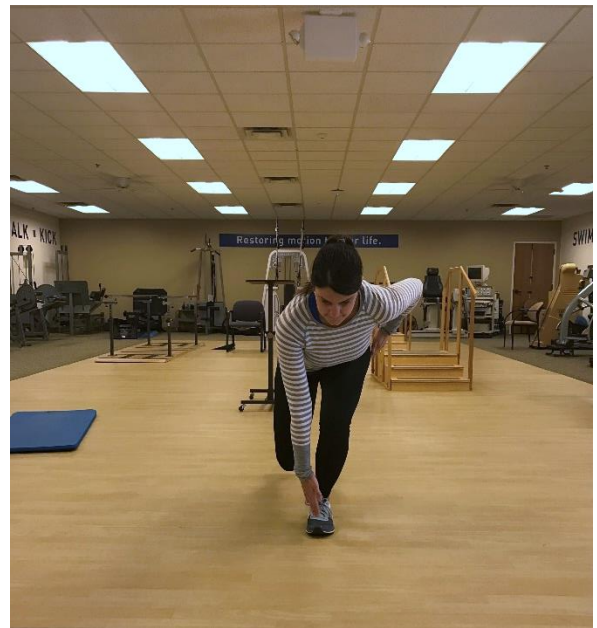
- Lie on your side with hips stacked perpendicular to floor
- Draw abs in to brace spine and lift top knee.
- Keep feet touching. Do not let hips rotate
- Modifier:* Level II – lift hips into side plank then lift top knee into clamshell

Lunge to Stork



- Lower right leg down into reverse lunge, do not let front knee go forward of toes
- Drive up with the leg into Stork Position. Right heel should be under right buttock. Weight should be forward.
- Return to lunge position.
- Modifier:* Perform as above but do not go as low

Single Leg Squat



- Squat down on one leg, keeping knee in line with ankle
- Keep back flat, do not rotate through pelvis.
- Advanced:* Touch opposite hand to toes

*Do all exercises to muscle fatigue and repeat 2-3 sets on each side

****Consult a physician and consider physical therapy if you have pain that limits your activity or movement**