

# Running Strengthening Plan

## Hello, Runner!

We're glad you're checking out ProRehab's Strengthening Plan — built for runners, walkers, and interval athletes alike.

Aim for 30–60 minutes, 2–3 times per week. Pick a few exercises, give them a go, then add more as you build strength. You'll notice familiar moves like planks and squats mixed in with fresh challenges. Bonus: we worked in some upper body because strong shoulders = better breathing.

Why strengthen instead of just logging miles?  
Because strength work lowers injury risk, improves speed and endurance, and helps keep you running for years to come.

There are thousands of exercises out there, but we chose these for a reason: they target hip and core strength, plus jumping, landing, and single-leg balance — all essential for runners. Each exercise includes progressions if you're ready to push harder, and modifications if you're new, coming back from injury, or just feeling sore. Remember to breathe and keep your core engaged (think: draw your belly button toward your spine).

— **Your ProRehab Team**

## HOW TO USE THE COLORS:

-  **Green = Core**
-  **Purple = Lower Body**
-  **Blue = Plyometrics**

Don't forget to tag us during your running journey!

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# STRENGTHENING EXERCISES

EXERCISE	INSTRUCTIONS	MODIFICATION	PROGRESSION	SETS/REPS
<b>SIDE PLANK</b>	Lie on your side, elbow under shoulder, legs stacked. Lift hips into a straight line, keep body stacked, and hold.	Maintain bent knees throughout	Add: <ul style="list-style-type: none"> <li>• Arm scoop and reach</li> <li>• Clamshell</li> <li>• Single arm row from a band placed in front of you</li> </ul>	2-4 sets of 20-30 sec. 2x weekly
<b>WOODCHOPS</b>	Stand with feet shoulder-width apart, side to the band/cable set high. Grab with both hands, arms straight. Pull diagonally across your body toward opposite hip, rotating torso and pivoting back foot. Keep arms extended. Slowly return to start.		<ul style="list-style-type: none"> <li>• Use heavier resistance</li> <li>• stand with one foot slightly in front and to the side of other (stagger stance)</li> <li>• Kneel on one knee for more core activation</li> </ul>	2 sets of 10 2x weekly
<b>DEAD BUGS</b>	Lie on your back, arms up and legs in tabletop. Press low back into floor. Lower opposite arm and leg slowly toward ground, then return. Alternate sides.	Start with your feet on the mat or move legs only without moving your arms.	Lay on a half foam roller with it positioned along the length of your spine	2 sets of 10 2x weekly
<b>BIRD DOGS</b>	Start on hands and knees, spine neutral, extend opposite arm and leg straight out, keeping hips and shoulders level. Hold briefly, then return and switch sides.	Extend your legs only	Perform on a table or a weight bench with a dumbbell or kettle bell in the moving arm - do a single arm row as your leg is extending	2 sets of 10 2x weekly
<b>LONG SITTING LEG LIFTS</b>	Sit tall with legs straight and slightly wide, cups by ankles. Lift one leg over the cup and back, keeping core engaged. Repeat with other leg.	Sit farther away from the wall and lean back onto your hands or elbows	Use taller objects in place of plastic cups	2 sets of 10 2x weekly
<b>PLANK</b>	Start on hands and knees, then extend legs back so body forms a straight line head to heels. Keep core tight, hips level, and neck neutral. Hold.	Keep your knees on the ground, or stand and prop your hands on stable countertop	Variations: <ul style="list-style-type: none"> <li>• Lower to forearms and back up (elevators)</li> <li>• Rotate and lift one arm up (windmills)</li> <li>• Tap opposite shoulder</li> <li>• Pedal knees</li> <li>• Hold dumbbells, alternate rows</li> </ul>	2-4 sets of 20-30 sec. 2x weekly
<b>SQUAT</b>	Stand with feet shoulder-width, toes slightly out. Push hips back, bend knees, lower like sitting in a chair. Keep chest up, back flat, weight in heels. Press through heels to stand.	Sit to stand from a chair	<ul style="list-style-type: none"> <li>• Single leg squat or split squat</li> <li>• Hold a dumbbell in each hand - as you return to standing from the squat, press the dumbbells overhead</li> </ul>	2 sets of 10 2x weekly
<b>HEEL RAISE</b>	Stand with feet hip-width. Use wall or chair for balance if needed. Rise onto balls of feet, lift heels high, hold briefly then lower.	Start on 2 feet, then after raising your heels, shift your weight onto one foot and lower down slowly.	<ul style="list-style-type: none"> <li>• Single leg heel raises from a step</li> <li>• Position the feet turned in or out</li> </ul>	2 sets of 15 2x weekly
<b>GLUTE BRIDGE</b>	Lie on your back, knees bent, feet flat. Press through heels and squeeze glutes to lift hips. Pause briefly at the top, then lower slowly.	Reduced height	<ul style="list-style-type: none"> <li>• Start with one foot lifted off the ground with either a straight or bent knee</li> <li>• After you lift your hips, slide one heel out and away from your body and back in.</li> </ul>	2 sets of 10 2x weekly
<b>CLAMSHELL</b>	Place band above knees. Lie on side, legs stacked, knees bent. Keep feet together and hips stacked. Lift top knee without rolling hips, pause, then lower slowly.	Perform without a resistance band	<ul style="list-style-type: none"> <li>• After lifting knee, hold it up and lift heel</li> <li>• For standing clamshells, place one foot on wall behind you, hinge forward, then perform single-leg clamshell</li> </ul>	2 sets of 10 2x weekly
<b>LUNGES</b>	Stand with feet hip-width. Step forward, bending both knees while keeping chest up and back straight. Keep front knee over ankle. Push through front heel to return to start.	Step up and down from a step, may be done forward and sideways	<ul style="list-style-type: none"> <li>• Place one foot on slider, move it back or to the side</li> <li>• Try walking lunges with "halos" (circle weight overhead)</li> <li>• With band above knees, stand sideways on step. Lower non-working leg, tap heel, then lift knee to a march.</li> <li>• After lunging, shift forward and lift back leg straight, hold briefly</li> </ul>	3 sets of 10 2x weekly
<b>PLYOMETRICS</b>	Plyometrics build leg, hip, and core power for running and landing: <ul style="list-style-type: none"> <li>• Box jumps</li> <li>• Step off box, land softly on both feet with knees bent</li> <li>• Speed-skaters: jump side to side into a curtsy stance</li> </ul>	Start with a low step and smaller jumps	<ul style="list-style-type: none"> <li>• Progress to higher steps or boxes</li> <li>• Land your speed-skater on one foot and try balancing on 1 leg for 2 sec. before setting foot down</li> </ul>	2 sets of 10 2x weekly