

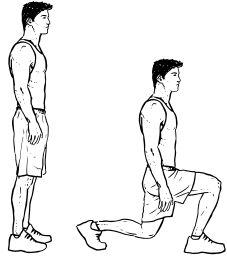
Run Your Personal Best: Legs - Routine 2

21 min · Legs



This is a simple but effective leg strength routine for runners. Complete twice a week. Best done the day after a hard/speed session or the same day hours after the run. Avoid doing the day before a harder run. First 2 weeks stop before failure/no added weight to learn movement.

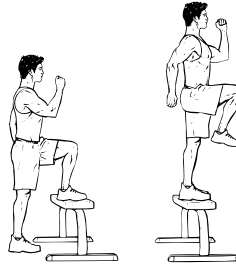
Alternating Bodyweight Lunges



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached

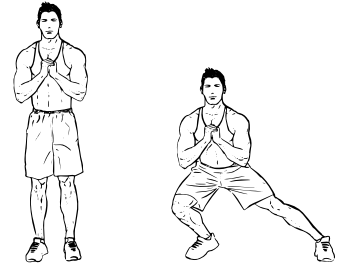
Step Up with Knee Raises



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached.

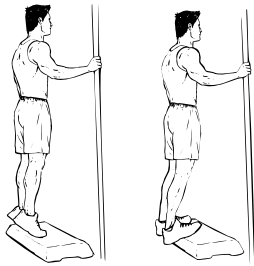
Lateral Lunges



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached.

Bodyweight Calf Raises



2-3 sets 10-15 reps 2 min rest

Add weight to reach failure in the 10 - 15 rep range. Increase weight & decrease reps when 15 reps is reached.

Alternating Bodyweight Lunges

Primary muscle group(s):

Quadriceps

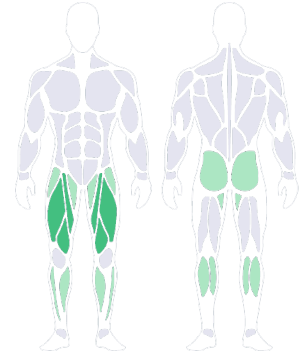
Secondary:

Calves, Glutes & Hip Flexors

Stand straight – that's the starting position. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Look forward.

Pause, then push off your left foot off the floor and return to the starting position as quickly as you can.

On your next rep, step forward with your right leg. Continue to alternate back and forth—doing one rep with your left, then one rep with your right.



Step Up with Knee Raises

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

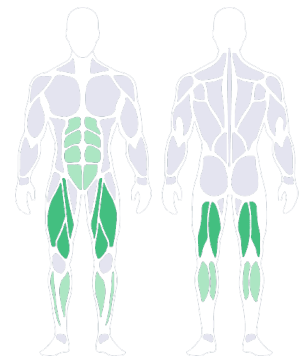
Abs, Calves

Place a chair or wooden box in front of you. Brace your core and lower back.

Step up on the box with your left leg, swinging your arms as you do so.

Take your right knee and raise it in front of you, into the air.

Step down with your right leg. Repeat exercise with the other leg. Keeping alternating sides.



Bodyweight Side Steps / Lateral Lunges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

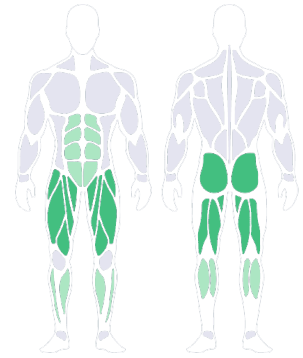
Secondary:

Abs, Calves

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.



Bodyweight Calf Raises

Primary muscle group(s):

Calves

Stand straight with a tight core and flat back.

Keep your hands at your sides or hold on to a wall for balance.

Bring your feet to be hip distance apart.

Focusing the tension in your calf muscles, slowly raise yourself up on to the balls of your feet.

Pause at the top of the movement and slowly return to the starting position.

