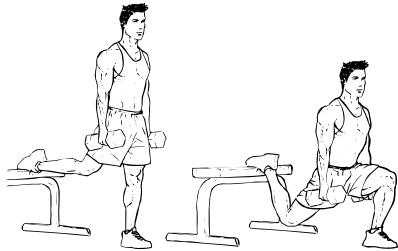


# Run Your Personal Best: Legs - Routine 1

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.

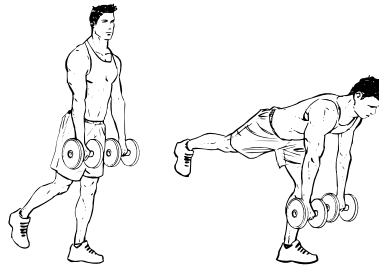
## Bulgarian Split Squats



**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

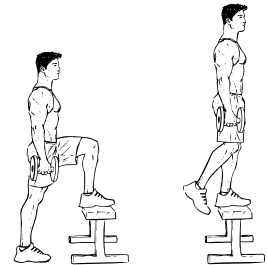
## Single Straight Leg Dumbbell Deadlift



**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

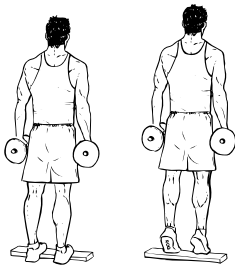
## Dumbbell Step-Ups



**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

## Standing Dumbbell 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

## Bulgarian Split Squats

Primary muscle group(s):

**Quadriceps**

Secondary:

**Abs, Calves, Hamstrings**

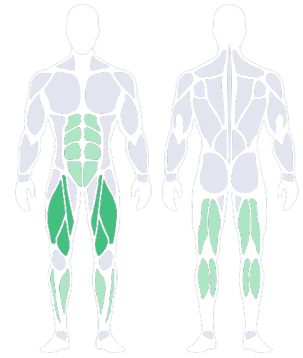
Stand up straight while holding two dumbbells. Maintain a tight core and flat back as you carefully place your right foot on top of a bench behind you with toes facing down.

Bend at the front knee as you drop the back knee, maintaining perfect form. Front knee should not go over the toes.

Allow your thigh to come to parallel with the floor.

Pause then slowly return to the starting position without locking out your knee.

Repeat then switch sides once set is complete.



## Single Straight Leg Dumbbell Deadlift

Primary muscle group(s):

**Hamstrings**

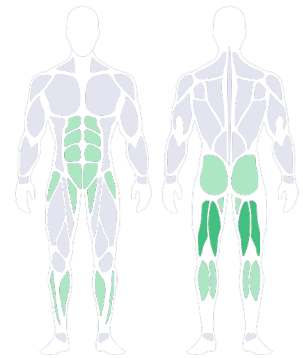
Secondary:

**Abs, Calves, Glutes & Hip Flexors**

Stand tall with a tight core while holding a pair of dumbbells. Keeping your chest up and your gaze straight ahead, shift all of your bodyweight to your left foot. Bend the right knee, allowing the right foot to lift off the ground.

Maintaining a flat back, tilt your upper body forward. Do not allow the dumbbells to pull you down. Control your descent. Simultaneously, allow the right foot to counterbalance the shift in weight.

Feel the contraction in your hamstrings and pause once your upper body is parallel with the ground. Slowly return to the starting position.



## Dumbbell Step-Ups

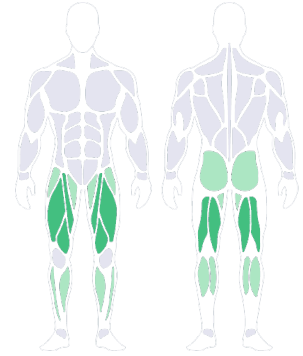
Primary muscle group(s):  
**Hamstrings, Quadriceps**

Secondary:  
**Calves, Glutes & Hip Flexors**

Place a bench in front of you. Hold a pair of dumbbells and stand facing the bench. Brace your core and keep your gaze straight ahead.

Bring your right knee up and step up on to the bench. Placing all of the effort in your right leg, bring your body up into a standing position on the bench.

Slowly lower yourself to the starting position and switch legs.



## Standing Dumbbell Calf Raises

Primary muscle group(s):  
**Calves**

Place an exercise step or something similar on the floor in front of you. It should be two or three inches high.

Holding a dumbbell in each hand, place your toes and the balls of your feet on the step. Make sure the arches of your feet are not on the step and your heels are on the floor.

Raise your heels as high as possible by pushing through the balls of your feet and toes while extending your ankles. Hold for a count of one.

Return to the starting position by bending your ankles until you feel a stretch in your calves.

Repeat.

