

THE RUNNER'S PREHAB EXERCISES

to build strength and reduce risk of injury

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"You must be fit to run, not run to get fit" – Dr. Christopher Powers, PhD, PT

I'm a runner...why should I strength train?

Having solid core, glute, and leg strength is crucial for being able to run without getting injured. Research shows that strength training can reduce risk of injury by 69%.¹

Why these exercises?

Strength and stability while standing on one leg is critical for runners, because running is a series of one-leg hops. Weakness while hopping from one leg to the other can put you at risk of injury. And nobody has time for that.

Do these exercises work?

These are the exact same exercises that I do in my own workouts to keep myself running without pain. They got me through half and full marathons without injury. I believe in this program wholeheartedly and am thrilled to share it with you!

How to navigate this program:

Start with 2 sets of 10 reps of each exercise. Once you can do 2 sets of 15 reps with good control and no muscle soreness the next day, move to the next phase.

Do these exercises 3 days per week.

¹Lauersen et al, 2014

PHASE 1

Double leg bridge

Start position



End position



How to perform:

Lay on your back with knees bent up. Engage your core, squeeze the buttocks, and lift your hips off the ground. Push through your heels to work the glutes. Slowly lower and repeat.

Captain Morgan



How to perform:

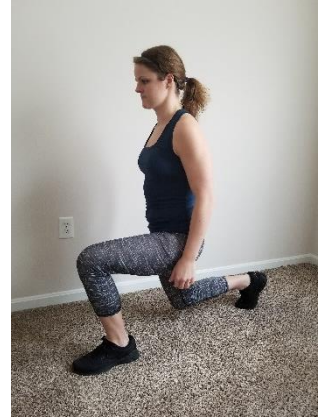
Stand close to a wall. Raise your leg and push the knee into the wall. You should be standing up straight with nothing else touching the wall except your knee. You should feel the side of the opposite buttock working. Hold for 5 seconds and repeat.

Stationary Lunge

Start position



End position



How to perform:

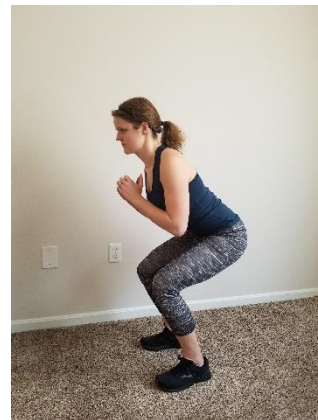
Stand in a staggered stance position as shown, with one leg in front of the other. At least 75% of your body weight should be in the front leg. Lower down into a lunge position, keeping the knee behind the toes. Return to start position and repeat.

Double leg squat

Start position



End position



How to perform:

Stand up straight with equal weight in each leg. Lower down into a squat, keeping your weight in your heels. Your hips should go back and knees should stay behind your toes. Keep your low back straight, don't let it arch. Return to start and repeat.

PHASE 2

Single leg bridge

Start position



End position



How to perform:

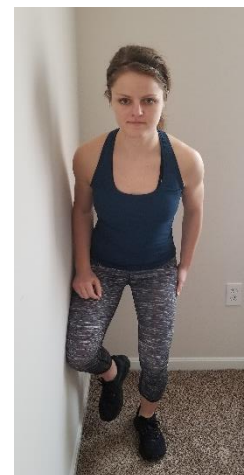
Lay on your back with one leg bent up and the other leg in the air. Engage your core, squeeze the buttocks, and lift your hips off the ground. Push through the heel on the ground to work the glute. Slowly lower and repeat.

Captain Morgan squat

Start position



End position



How to perform:

Stand close to a wall. Raise your leg and push the knee into the wall. You should be standing up straight with nothing else touching the wall except your knee. Once you feel the side of the opposite buttock working, lower down into a squat. Return to start position and repeat.

Forward and backward lunge

Start position



End position



How to perform:

Forward lunge: Take a step *forward* with one leg, then lower down into a lunge position, keeping your hips level. Push through your heel to return to start position. Repeat.

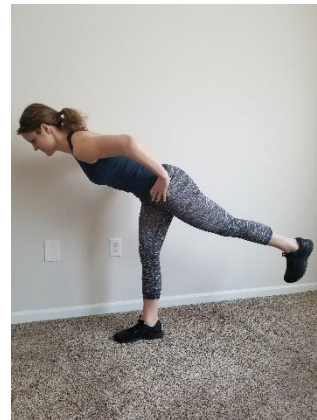
Backward lunge: Take a step *backward* with one leg, then lower down into a lunge position, keeping your hips level. Push through your heel to return to start position. Repeat.

Single leg dead lift

Start position



End position



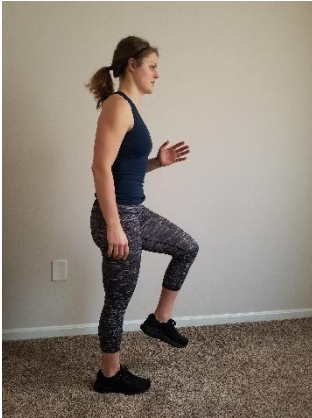
How to perform:

Stand and shift your weight onto one leg. Hinge forward at the hips- your trunk will come forward and your leg will extend behind you. Be sure to keep your hips pointed towards the ground, don't let them rotate open. Return to start position and repeat.

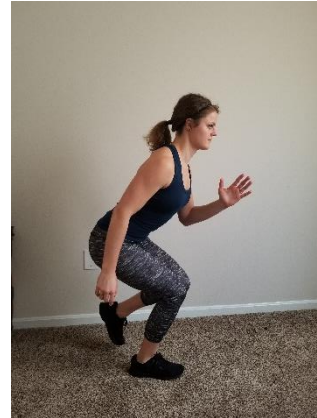
PHASE 3

Single leg squat

Start position



End position

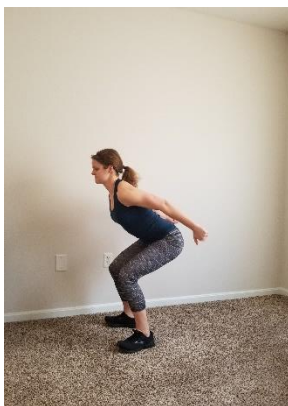


How to perform:

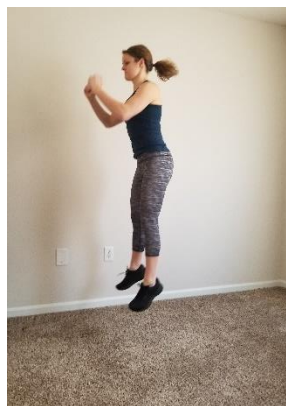
Stand on one leg and get your stability. Lower down into a squat. Be sure to keep your hips level. Your knee should be behind and in line with your toes, don't let it drop inward. Return to start and repeat.

Jump squat

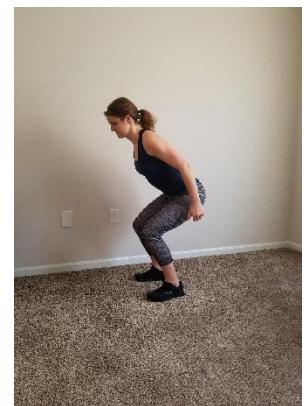
Start position



Air time



End position

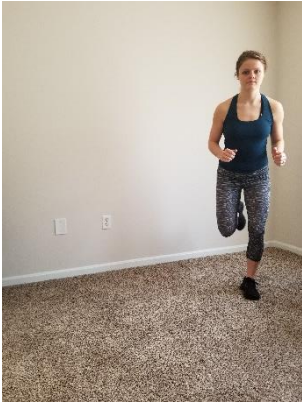


How to perform:

Start in a deep squat position. Jump and explode up into the air. Land with soft knees and lower back into a squat in a controlled manner. Keep your knees stable as you land, don't let them wobble side to side.

Lateral skaters

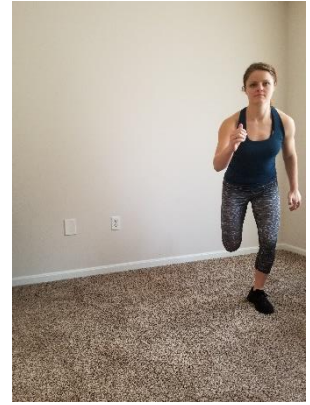
Start position



Mid position



End position



How to perform:

Stand on one leg and get your stability. Jump to the side and land on your opposite leg. When you land, get your stability. You should keep your hips level and knee in line with the toes, don't let it fall inward. Jump back to start position and repeat.