Strength Training A

1) High Stair - 3x10 reps

Description:

Place your right foot on the elevation. Push off strongly with your right foot/leg and at the same time pull your left knee up to hip height. Optional: Take your right arm up as you would when running and then bring it closer to your body - this also makes it easier to pull your knee up. Switch sides.

2) Side plank or side plank jumping jack - 2x30 seconds per side or 3x8 reps per side

Option 1

Option 2

Option 3 (if you feel safe)

Option 4 (with movement, if you feel completely safe)

Description:

Position yourself in the side position, either on your knee (option 1) or with your leg extended (option 3) if you feel confident. Make sure that your alignment is straight and that your entire body is tensed. Either you hold this position (options 1 and 3) or you additionally raise your upper outstretched leg (options 2 and 4). Keep your whole body tight!
3) Skippings 4x10 reps

Description:
Run slowly on the spot, pulling your knees up as high as possible with each step. Lift the opposite arm as well, as in the natural running movement. Both arms are bent and close to your body. Again, try to keep your body tensed and avoid falling into an arched back.

4) Swimmer – 3x 10 reps

Description:
Lie on your belly. Lift your arms and shoulders off of the floor, pull your shoulder blades towards each other, your arms are bent. Then bring your hands together in front of your head. Meanwhile, your toes are placed on the floor or - more challenging - you also lift your feet from the floor.

Important: You must pay close attention to maintaining tension in your torso throughout the exercise. If your tension decreases, take a break!
5) Mountainclimber – 3x15 reps

Description:

Get into the push-up position on the floor or on a raised surface (easier). Tense your core muscles (pull your belly button back towards your spine) and push up from your shoulders to form a straight line from head to toes. Now alternately pull your knees towards your chest in a controlled manner. Important: Again, keep tension throughout your body during the entire exercise - it is better to take a break than work with bad form.
Strength Training B

1) Toe and heel stand - 3x10 reps

Description:

Stand with feet hip-width apart with your knees slightly bent. Stand on your toes and lower your heels back down. Next, shift your weight onto your heels. The toes are in the air.
Alternative: It is more difficult if you do this exercise on a soft surface.

2) Hip lift 3x10 reps each side

Description:

Stand with your left leg on an elevation. Make sure that it cannot tip over (e.g. use a sidewalk/wall ledge/step). Tighten your stomach/torso. Use the strength of your left gluteal muscles to push your right hip upwards. This is only a very small movement.
3) Single leg stand - 3x30 seconds each side

Description:
Balance on one leg on a soft surface (e.g. pillow). Your supporting leg is slightly bent. Try to keep your body as still as possible - if you wobble too much, stand on a harder surface. Optional: Close your eyes if you find the exercise very easy and/or there is no soft surface available.

Switch sides.

4) All-fours position - 3x20 seconds each side

Description:
Get into a quadrupedal stance and tense your core muscles (tip: imagine you are pulling your belly button towards your spine). Now stretch your right arm forwards and your left foot backwards. Make sure that you are parallel to the floor and that your pelvis does not tilt to one side. Keep your core tensed. Look towards the floor. If this is easy for you, raise your arm and leg on the same side.
5) Handwalk (Plank-running) - 3x5 reps

Description:

Bend forwards until your hands touch the floor, your knees are should only bent as little as needed (if at all). Walk forwards with your hands, keeping your feet on the spot. The end position of the forward movement is the classic push-up position. Now run back again with your hands towards your feed or with your feet towards your hands. This exercise can also be done on your knees (easier).

Stretching - je 20-30 Seconds per stretch

1) Calf muscles

Description:

Get into a press-up position (downward-facing dog position) and alternately lower your heels onto the mat (left picture). Alternatively, stand against the wall. Take a lunge and bend your right knee. Your weight is on your left leg. The heel of your left leg reaches towards the floor until you feel a slight pull (right picture). Switch sides.
2) Hip flexors

Description:
Kneel on a soft surface to protect your knee. Now take your right leg forwards and place it at a right angle in front of you (90 degrees or more). Your left leg is extended backwards and your upper body is upright. Push your left hip forwards until you feel a slight pull.

Switch sides.

3) Upper Thigh

Description:
Kneel on a soft surface to protect your knee. Now place your left leg in front of you at a right angle. Pull the heel of your right foot towards your buttocks and grab your ankle with your right hand. Make sure that your hips remain in a straight position. You can also use a yoga strap or a towel to make it easier to reach and hold the rear foot.

Switch sides.

4) Hamstrings

Description:
Kneel on a soft surface to protect your knee. Extend your left leg straight out. Your upper body is upright. Depending on your flexibility, lean forward slightly and pull up the tips of your left toes. Make sure your hips remain parallel.

Switch sides.
Comment:

If the exercises are too easy or too difficult for you, you can adjust the number of repetitions or the duration accordingly. Use the information as a guide only and listen to your body.

You can combine all exercises and adjust the number of exercises depending on time, health and training status and of course, well-being. In the running plan you will find a recommendation on which days you should do Strength Training A, B or the stretching program.