

Corrective Exercises for Runners



Dynamic Warm Up

- Walking butt kickers
- Walking lunge with twist
- Thoracic spine rotation
(on all fours)
- Leg swings
- Clamshells
- Butterfly hip thrust



Strength Training

- Leg curls
- Russian twists
- Stability ball jack knife
- Knee drives (with band)
- Bird dogs
- Fire hydrants
- Split squats



Cross Training

- Cross-country skiing
- Elliptical machine
- Swimming
- Cycling