

# Running Divas Strength Program – 10 km Goal

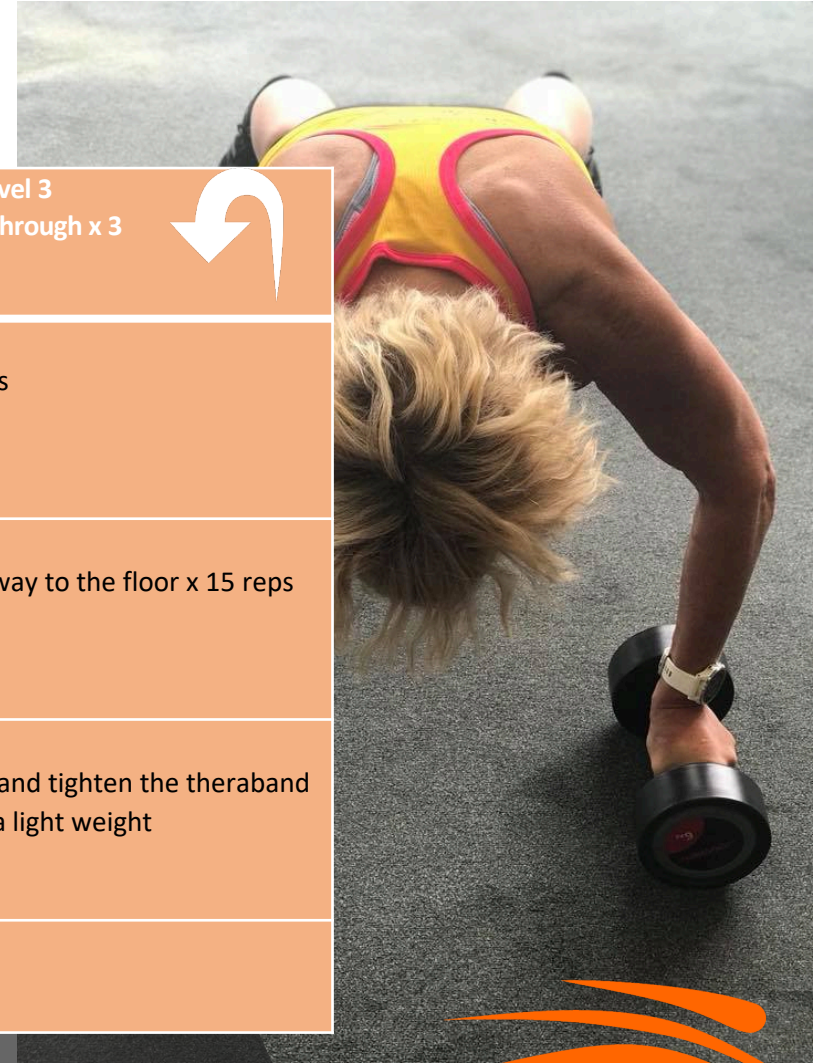
This strength program is for runners aiming to run 10km

Choose your level.

See our video library of exercises for correct form and technique for all exercises.

Always begin with some dynamic stretching and static stretching or foam rolling to finish.

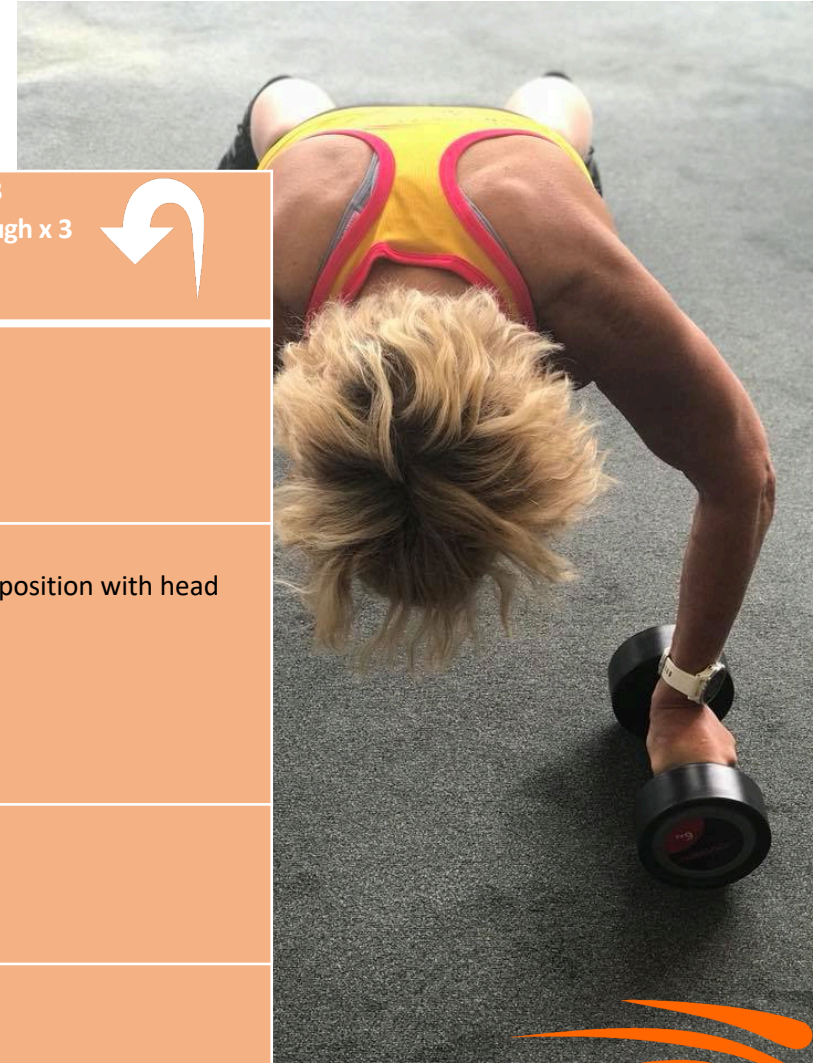
Some examples can be found at the end of this download.



Level 1 Repeat through x 1	Level 2 Repeat through x 2	Level 3 Repeat through x 3
Push up against wall/surface x 15 reps	Push up on knees x 15 reps	Push up on toes x 15 reps
Triceps push ups not all the way down x 10 reps	Triceps push ups half way down x 10 reps	Triceps push ups all the way to the floor x 15 reps
Reverse Flys with theraband x 10 reps	Reverse Flys with theraband tighten the theraband for more tension x 15 reps	Reverse Flys with theraband tighten the theraband for more tension or use a light weight x 20 reps
Cardio Burst- Run 200m rest for 1 minute x 4 reps		

Always consult with an allied health professional before undertaking any strength program.

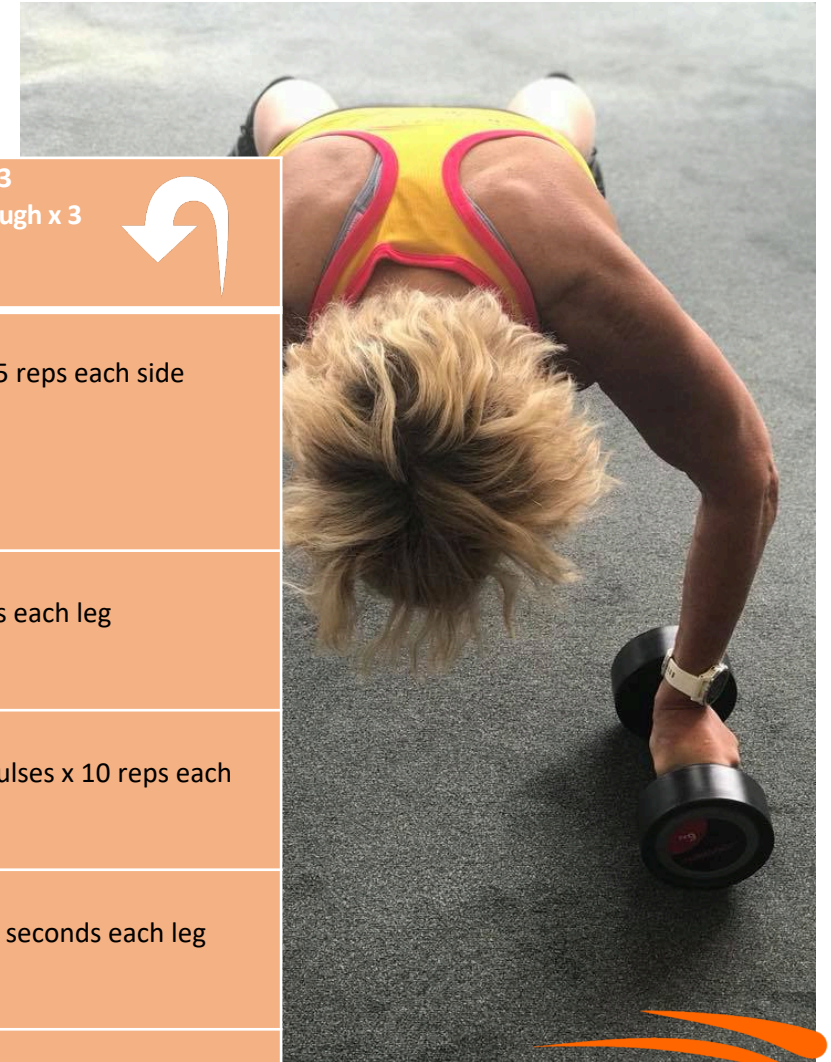
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Level 1 Repeat through x 1	Level 2 Repeat through x 2	Level 3 Repeat through x 3
Bicycle crunches x 10 reps	Bicycle crunches x 15 reps	Bicycle crunches x 20 reps
Scissor kicks- higher up with only small movements, head down x 15 reps	Scissor kicks- lower starting position with only small movements x 15 reps	Scissor kicks- lower starting position with head off the floor x 20 reps
Plank on elbows and knees 1-minute hold or as long as you can.	Swiss ball roll out x 10 reps	Swiss ball roll out x 15 reps
Cardio Burst- Run 200m rest for 1 minute x 4 reps		

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Level 1 Repeat through x 1	Level 2 Repeat through x 2	Level 3 Repeat through x 3
Curtsey lunge or for injuries forward lunge with only a small span x 10 reps each side	Curtsey lunge with light weight x 15 reps each side	Curtsey lunge with 4 kg x 15 reps each side
Holding leg lift x 20 reps each leg	Runner's touch x 20 reps each leg	Single leg dead lift x 20 reps each leg
Alternating lunges x 10 reps each side	Alternating lunges with weight x 15 reps each side	Alternating lunges with 3 pulses x 10 reps each side
Hold a squat 30 seconds	Hold a squat 1 minute	Hold a squat with leg up 30 seconds each leg
Cardio Burst- Run 200m rest for 1 minute x 4 reps		





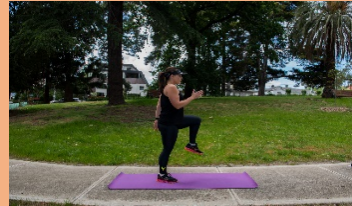
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## Dynamic Stretches

### Hip Flexor Stretch

Stand tall. Flex your hip and knee to bring your right knee up toward your chest as you swing your left arm forward. Lower to the ground, then repeat on the other leg.

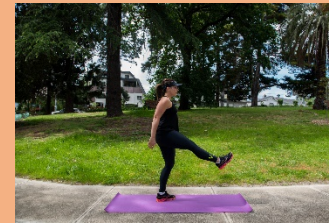
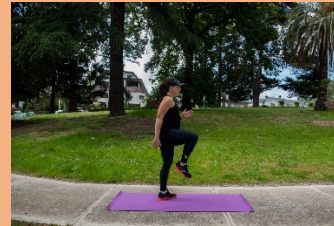
X 10 reps each leg



### Leg Flexor Stretch

Stand tall with your right arm forward. Bend your knee at a right angle in front of you, thigh parallel to the ground, as you swing your right arm back and left arm forward. Contract your quads to extend your leg straight out. Return to standing, then repeat with the other leg.

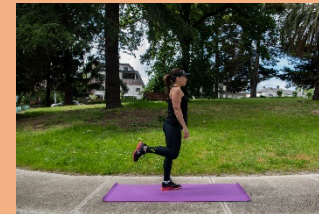
X 10 reps each leg



### Leg Extensor Stretch

Tighten your hamstrings and bend your right knee behind you, bringing your heel toward your butt as you swing your right arm back and left arm forward. Straighten your leg, then repeat on the other side.

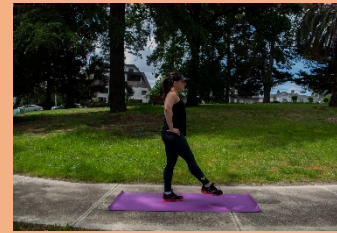
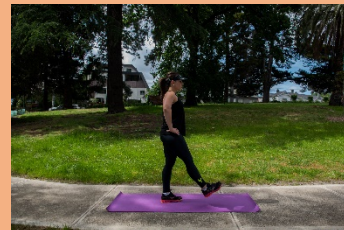
X 10 reps each leg



### Plantar Flexor Stretch

Stand with your hands on your hips. Raise your right foot a few inches, keeping your knee straight. Quickly flex your foot, pointing your toes upward. Return to standing, then repeat with the other foot.

x 10 reps each leg





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## Dynamic Stretches

### Hip Extensor Stretch

Hinge forward at your hips. Raise your right foot and bend your right knee in front of you while swinging your left arm forward as you would when be running. From there, maintain the same lean as you quickly stretch your right leg behind you. At the same time, swing your right arm forward and your left arm back. Return your knee in front of you and repeat with the other leg.

x 10 reps each leg



### Super dog

Kneel and place your elbows on the floor, bent 90 degrees. Slide your left hand forward and stretch your right leg behind you until both are straight. Raise your left arm and right leg as high as you can, forming a straight line from your fingertips to your toes. Hold for two seconds, then return to start. That's one rep.

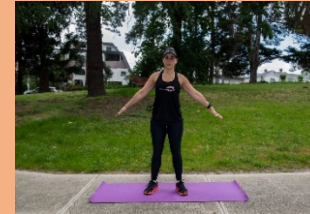
x 14 reps each side.



### Arm rotations

With your feet shoulder-width apart, hold your arms straight out to make a "T" with your upper body. Make clockwise circles with your arms, starting with a small range of motion and working up to circles that use your full range of motion.

X 10 reps and then reverse the motion and do 10 reps.

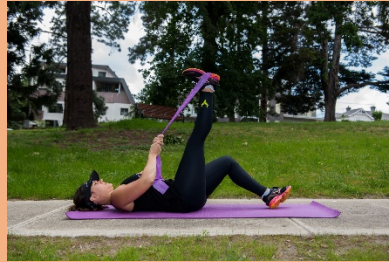




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## Static Stretches

Hamstring stretch- 15 seconds each leg



Hip flexors stretch- 15 seconds each leg



Quadriceps stretch- 15 seconds each leg



Calf stretch- Hold for 15 seconds



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## Dynamic stretches

Shoulder stretch- 15 seconds each arm



Lower back stretch- 15 seconds each side



Gluteus stretch – 15 seconds each side

