

Running Divas Strength Program – Beginner HIIT

This strength program is for beginner runners.

Choose your level.

Always begin with some dynamic stretching and end with some static stretches or foam rolling.

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

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



40 seconds of high intensity all out effort with 20 second rest between each exercise. Repeat through 1-3 times depending on fitness and ability level.

- Push ups on knees or toes
- Alternating back lunges
- Mountain climbers
- Jump squats
- Fast feet
- Star jumps
- Sprint on the spot.



Running Divas
AUSTRALIA

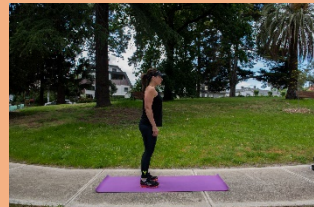
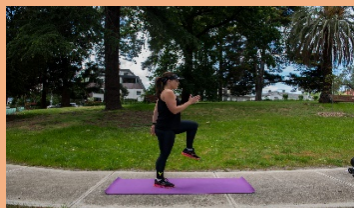
Running Divas Strength Program – Beginner Goal

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.

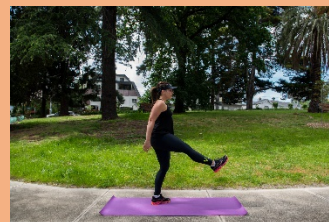
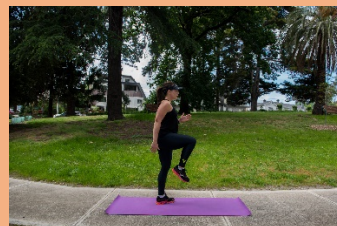
X 10 reps each leg



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.

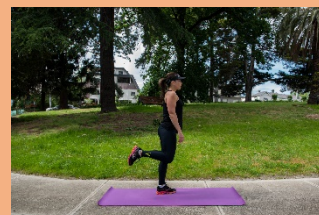
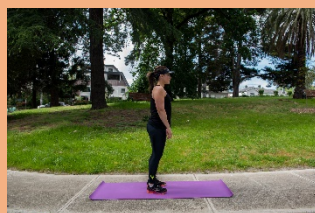
X 10 reps each leg



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.

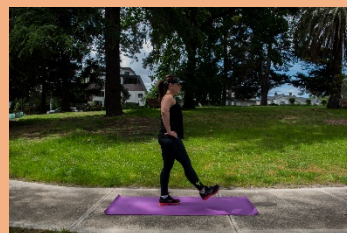
X 10 reps each leg



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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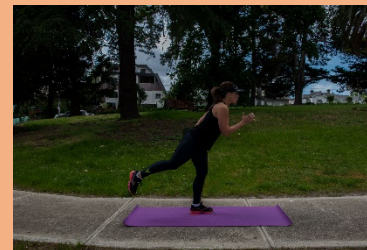
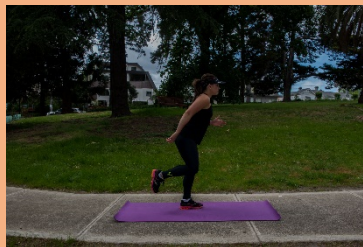
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Dynamic Stretches

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.

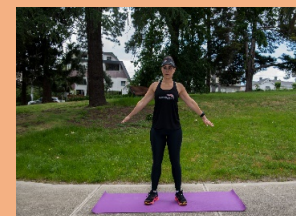
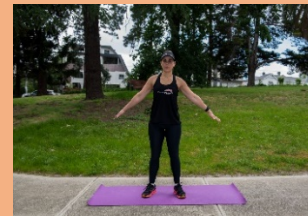
x 14 reps each side.



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.

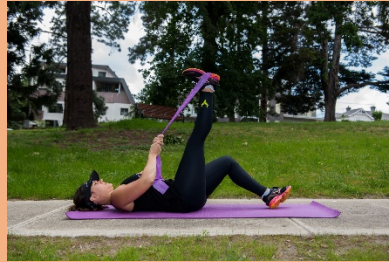
X 10 reps and then reverse the motion and do 10 reps.



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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

