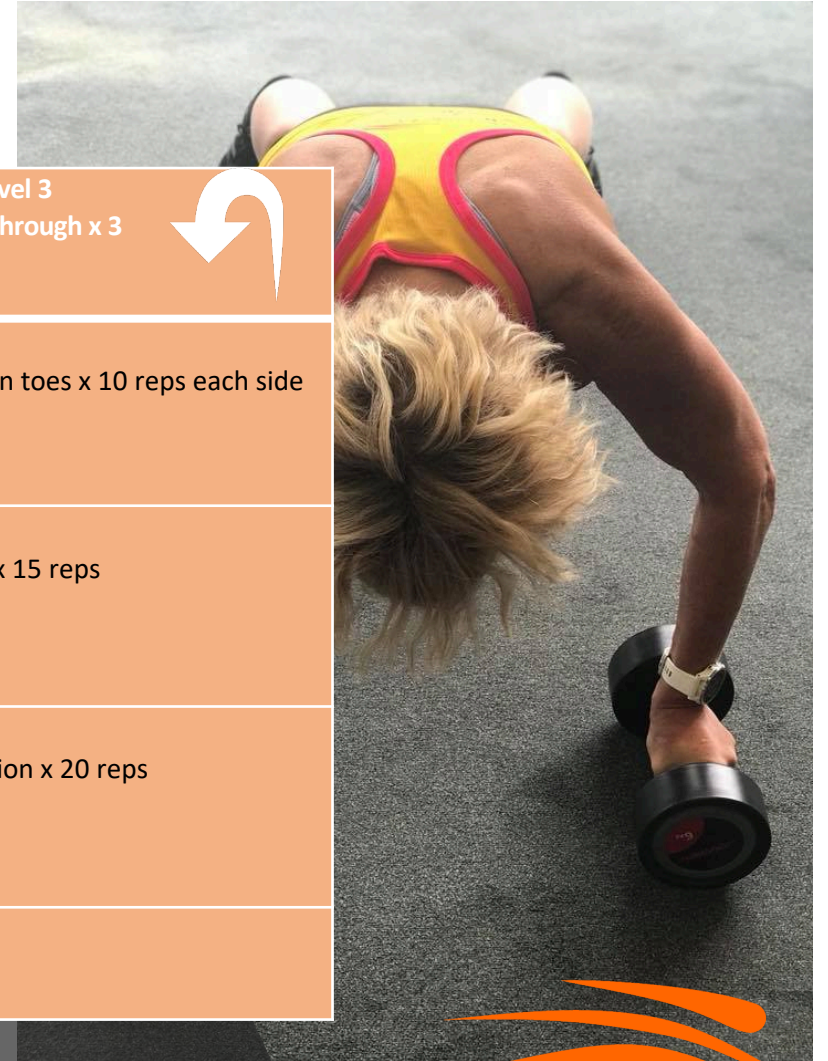


Running Divas Strength Program – 21 km Goal

This strength program is for runners aiming to complete a half marathon.
Choose your level.

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

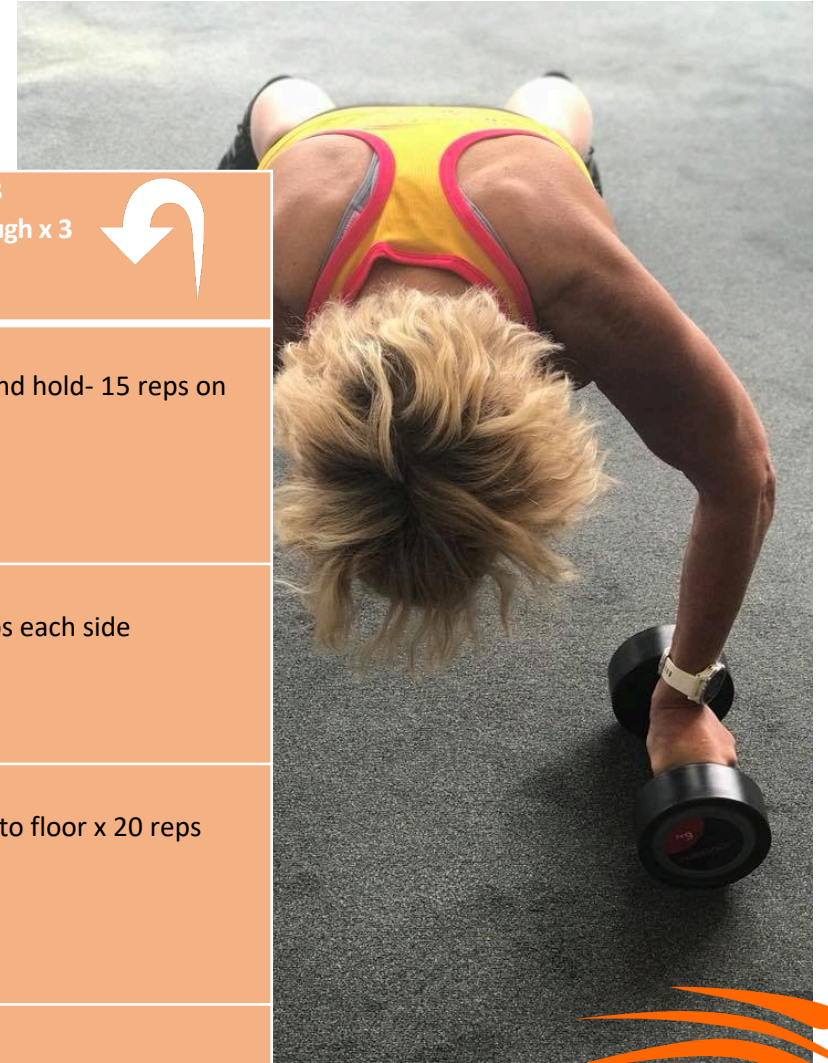
Always begin with some dynamic stretching and static stretching or foam rolling to finish.
Some examples can be found at the end of this download.



Level 1 Repeat through x 1	Level 2 Repeat through x 2	Level 3 Repeat through x 3
Straight arm plank row on knees x 10 reps each side	Straight arm plank row on knees x 15 reps each side	Straight arm plank row on toes x 10 reps each side
Inchworm with push up on knees x 10 reps	Inchworm with push up on knees x 15 reps	Inchworm with push up x 15 reps
Superman back extension x 15 reps	Stability ball back extension x 15 reps	Stability ball back extension x 20 reps
Cardio Burst- Run 300m rest for 1 minute x 3 reps		

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

Running Divas Strength Program – 21km Goal



Level 1
Repeat through x 1



Level 2
Repeat through x 2



Level 3
Repeat through x 3



Reverse plank leg lift 5 second hold- 10 reps on each leg

Reverse plank leg lift 5 second hold -10 reps on each leg

Reverse plank leg lift 5 second hold- 15 reps on each leg

Toe taps – for weak back or injuries, leave one leg on the floor and do 10 on one leg then swap to the other leg.

Toe taps – 15 reps each side

Double leg toe taps – 15 reps each side

Oblique side extensions hip to floor x 10 reps each side

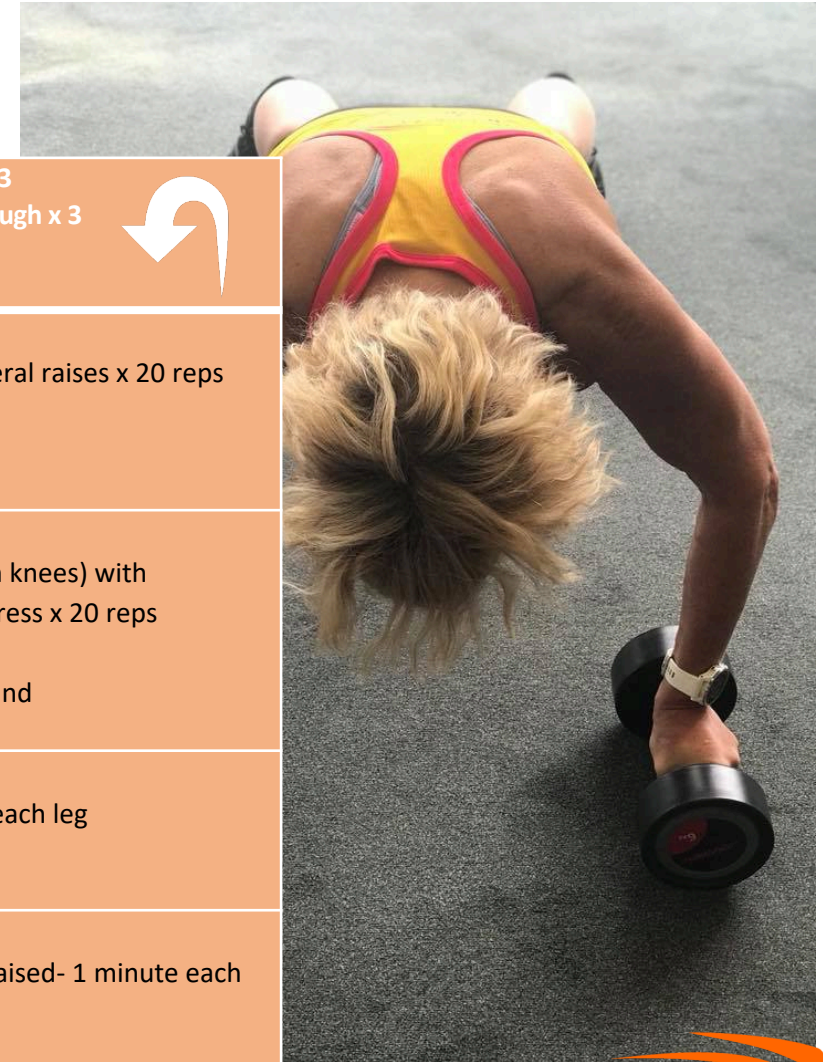
Oblique side extensions hip to floor x 15 reps each side

Oblique side extensions hip to floor x 20 reps each side

Cardio Burst- Run 300m rest for 1 minute x 3 reps

Running Divas Strength Program – 21 km Goal

Level 1 Repeat through x 1	Level 2 Repeat through x 2	Level 3 Repeat through x 3
Alternating lunges with lateral raises x 15 reps each side	Alternating lunges with lateral raises x 20 reps each side	Alternating lunges with lateral raises x 20 reps each side
Squat with resistance band shoulder press x 10 reps	Goblet squat (elbows touch knees) with resistance band shoulder press x 15 reps	Goblet squat (elbows touch knees) with resistance band shoulder press x 20 reps Increase tension of theraband
Block step ups x 20 reps each leg	Block step overs x 25 reps each leg	Block step overs x 30 reps each leg
Hold a squat 30 seconds	Hold a squat- 1 minute	Hold a squat with one leg raised- 1 minute each side
Cardio Burst- Run 300m rest for 1 minute x 3 reps		



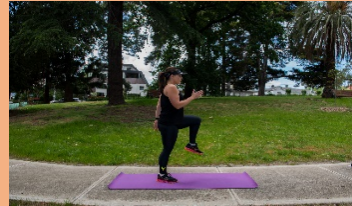
Running Divas Strength Program – 21 km Goal

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.

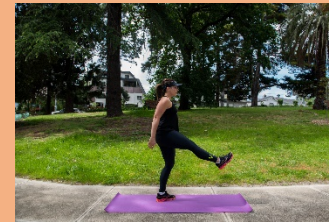
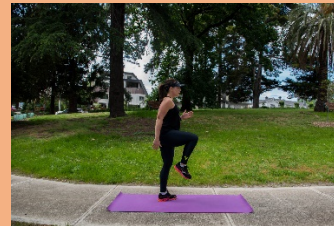
X 10 reps each leg



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.

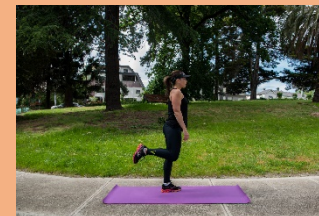
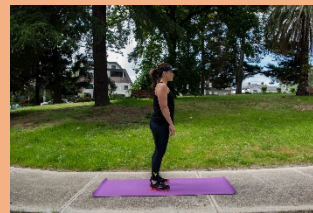
X 10 reps each leg



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.

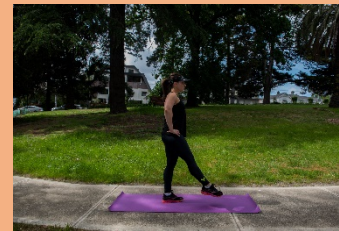
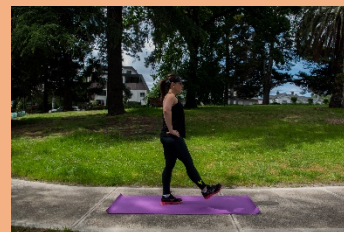
X 10 reps each leg



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



Running Divas
AUSTRALIA

Running Divas Strength Program – 21 km Goal

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.

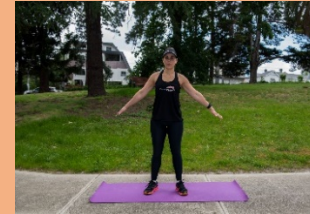
x 14 reps each side.



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.

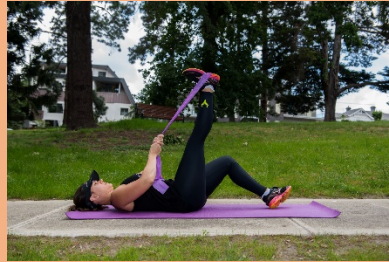
X 10 reps and then reverse the motion and do 10 reps.



Running Divas Strength Program – 21 km Goal

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



Running Divas Strength Program – 21 km Goal

Dynamic stretches

Shoulder stretch- 15 seconds each arm



Lower back stretch- 15 seconds each side



Gluteus stretch – 15 seconds each side

