Centre PERFORM Centre

Concordia University PERFORM Centre

7200 Sherbrooke West, Montreal, Quebec, H4B 1R6

WORKOUT PROGRAM: Walk/Run Training program

WORKOUT # 1: Strength Program for Walkers/Runners			
1		**<u>Split Squat</u>: Take a step forward keeping back foot pointing forward. Lower front knee to the floor without touching and return to starting position. Keep upper body straight. Exercise for quadriceps, hamstrings and glutes.**	Sets: 2 15 Rep 15 Rep
	Note: Can make this exercise more dynamic by doing a forward lunge.		
2		**<u>Leg Abduction</u>: Starting position is side lying on a mat. Lift the upper leg until just above hip level, and return to starting position. Repeat exercise with other leg.**	Sets: 2 15 Rep 15 Rep
3		**<u>Side Lying Hip Rotation</u>: Starting position is side lying on a mat. Keeping your feet in contact with one another, open your upper knee away from your bottom knee, without moving your upper body. Bring knee back to starting position and repeat. Exercise for glutes.**	Sets: 2 15 Rep 15 Rep
	Note: For added difficulty use a resistance band around the knees.		
4		**<u>Glute bridge:</u> Start with your feet on the floor, and your back on the floor. Engage your gluteus muscles by contracting them to lift your bum off the floor. Return to initial position and repeat. It is important to keep core engaged. Exercise for glutes.**	Sets: 2 15 Rep 15 Rep
5		**<u>Bench Hip Extension:</u> Start with your belly on the bench and your feet on the floor. Elevate your legs until they are parallel with your body. Lower to starting position and repeat. Exercise for lower back and glutes.**	Sets: 2 15 Rep 15 Rep
	Note: Perform this exercise on a bench, not on a ball		

Delay become more active if:

- You are not feeling well because of a temporary illness such as a cold or fever- wait until you feel better
- You are pregnant- talk to you your health care practitioner, your physician, a qualified exercise professional, and/or complete the PARmed-X for pregnancy before becoming more physically active OR
- Your health changes – please talk to your doctor or qualified exercise professional (CSEP-CEP) before continuing with any physical activity programme.

6		**<u>Superman:</u> Lying on your stomach, lift your legs and arms at the same time approximately 6 inches off the mat. Keep abdominals contracted. Lower to initial position and repeat. Exercise for lower back, and glutes.**	Sets: 2 15 Rep 15 Rep
7		**<u>Mountain climber:</u> Place your hands on the floor in line with your shoulders. Next step is to bring one knee to your chest and then back to its starting position. Repeat movement and alternate legs each time. Exercise for hip flexors and core strength as well as shoulders.**	Sets: 2 15 Rep 15 Rep
	15/leg		
8		**<u>McGill curl-up:</u> Lying down with 1 leg bent and 1 leg extended, slowly lift your upper back and shoulders off the mat by using your abdominal muscles. Lower your upper back slowly to the floor and repeat. Exercise for core strength.**	Sets: 2 15 Rep 15 Rep
9		**<u>Inchworm:</u> Start in a standing position with your feet together. Bending at the hip, slowly place your hands to the floor. Walk your hands out forward until your body is parallel to the floor, and then slowly walk your feet up to your hands. Repeat. Exercise for core strength.**	Sets: 2 15 Rep 15 Rep
0		**<u>Side plank:</u> Lying on your side with knees bent and elbow under shoulder, extend legs, use forearm to lift hips so that the body is in a straight line from feet to neck. Option: do this exercise on your knees. Exercise for core strength.**	Sets: 2 15 Rep 15 Rep

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WORKOUT # 2: Stretching for Walkers/Runners			
1		**<u>Calves:</u> Standing with hands on wall, in a split stance, lean body weight forward into front leg, keeping posterior heel on the ground to feel the stretch in the posterior leg.**	Sets 2 Hold stretch for 20-30 seconds
2		**<u>Quadriceps:</u> Standing with one hand on wall for support, grab opposite leg above the ankle and increase tension to feel stretch in quadriceps by gently pulling your foot towards your buttock.**	Sets 2 Hold stretch for 20-30 seconds
3		**<u>Hip adductors</u>: Follow picture, gently push down on legs with elbows to feel more of a stretch in your inner thigh.**	Sets 2 Hold stretch for 20-30 seconds
4		**<u>Trunk rotation</u> Follow picture. Should feel this stretch in lower back and in chest area.**	Sets 2 Hold stretch for 20-30 seconds
5		**<u>Glutes:</u> Lay on your back with one leg bent on the ground, and cross the other leg over opposite knee. To increase stretch, pull behind leg that is on the ground and you should feel the stretch in the opposite buttock.**	Sets 2 Hold stretch for 20-30 seconds

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