

Strength & Stability

Events	UTA 100km, 50km, Pace 22km or UTA951		Developed	January 2016
Program Goals:	Engage and develop muscle groups predominantly used in endurance running Complement a consistent running program Improve balance/ stability	Phase:	Foundation building	

Aim to complete the below Session 2 times per week.
 Athletes with limited time- Aim to complete Circuit 1 OR Circuit 2, Twice per session
 Athletes with more time- Aim to complete Circuit 1 & 2, Twice per session

The below circuit can be done as a separate session or be included as a Pre-Run Warm Up or Post-Run Cool Down

Exercise	Sets	Reps/Time	Intensity	Tempo	Duration	Rest
Exercise progression from stage 1 to 2 should only be done when 15 Reps at perfect technique is achieved						
Single Leg Deadlift - LINK <i>Stage 1 Body Weight</i> <i>Stage 2 With follow through high knee Drive</i>	Circuit 1 Repeat 2-3 times	10-12/ side	Low/ Medium	Medium	CIRCUIT 1	No break between exercises 2 min Between Sets
Hip Thrusts / Glute Bridges - LINK <i>Stage 1 Both feet on ground</i> <i>Stage 2 Single foot on ground</i>		10-15	Low/ Medium	Medium		
Single Leg Squat - LINK <i>Stage 1 stabilise with the toes of your opposite foot on the ground behind you</i> <i>Stage 2 One legs only</i>		10-12/ side	Low/ Medium	Medium		
Lying Leg Raises- LINK <i>Stage 1 Straight legs and back to floor Movement</i> <i>Stage 2 work towards 0 to 90 Degree movement with back to floor</i>		10-12	Low/ Medium	Medium		
Superman on Exercise ball/ Hands & toes- LINK	Circuit 2 Repeat 2-3 times	10-15	Low/ Medium	Medium	CIRCUIT 2	No break between exercises 2 min Between Sets
Walking Lunge- LINK <i>Stage 1 Body Weight</i> <i>Stage 2 Dumbbells over head</i>		10-12	Low/ Medium	Medium		
Mountain Climber (High Plank with knee to elbow)- LINK		10-15/ side	Low/ Medium	Medium		
Modified Side Plank- LINK		60 sec	Low/ Medium	Medium		

Bonus Exercise: Brush your teeth while stand on one leg, with your eyes closed. 2 x 30 seconds per foot

Post Run Stretch

Stretch Hamstrings- feet hip width apart, bend at the hips until a stretch is felt in the rear of the legs	2	30 sec	Low			20 sec
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ITB/ Hamstrings- Cross one leg over the other, bend at the hips, until a stretch is felt in the side of the leg	2 /Leg	30 sec / Leg	Low			
Quadriceps- Stand on one leg, bending the other leg completely, getting the heel of the foot as close to the buttock until you feel a good stretch in the quadricep	2 /Leg	30 sec / Leg	Low			
Calf- Stand on a step with one heel over the edge allowing it to move towards the floor, until a stretch is felt in the calf muscle	2 /Leg	30 sec / Leg	Low			
Chest- join both hands behind the back and lift arms toward the ceiling until a stretch is felt in the pectoral major and deltoids	2 /Arm	30 sec / Arm	Low			
Triceps- arm straight across the front of the body pulled slightly by the opposite arm until you feel a good stretch	2 /Arm	30 sec / Arm	Low			

Technique is always the most important aspect of strength & conditioning and stability training. Do not sacrifice pushing for additional repetitions if your technique suffers. To target and improve your own individual weaknesses, an assessment of your movement is required.

We hope you find this basic program helpful and it contributes towards you achieving your goals, while keeping healthy and enjoying your running. This strength & stability program is here to complement Hanny Allston's [Free Training Planners](#) for UTA Events available at www.findyourfeet.com.au

- This strength program has been developed by: Majell Backhausen
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 - 2015 Champion Tarawera Ultra 50km (NZ)
 - 23rd Place at UTMB (170km) 2015
 - Qualified Fitness Instructor (Cert. III&IV)

For any further information or assistance with your programs please contact us at events@findyourfeet.com.au