

## Appendix 2

# 10-Minute Strengthening Program for Runners

### INSTRUCTIONS

- Your goal is to complete the exercise program at least 3 times per week.
- For each exercise, perform at a comfortable pace. If you complete an exercise before a minute has passed, rest until the start of the next minute.
- Begin with the “Beginner” exercises and move to the “Advanced” after successfully completing the exercises without difficulty.

<b>Minute</b>	<b>Beginner</b>	<b>Advanced</b>
<b>0:00</b>	<b>20 Regular Squats</b>	<b>20 Plyometric Jump Squats</b>
<b>1:00</b>	<b>20 Regular Squats</b>	<b>20 Plyometric Jump Squats</b>
<b>2:00</b>	<b>Front Plank</b> for as long as you are able	<b>Front Plank</b> for 60 seconds
<b>3:00</b>	<b>10 Regular Lunges</b> on each side	<b>10 Plyometric Lunges</b> on each side
<b>4:00</b>	<b>10 Regular Lunges</b> on each side	<b>10 Plyometric Lunges</b> on each side
<b>5:00</b>	<b>Left Side Forearm Plank</b> with right leg straight for as long as you are able	<b>Left Side Forearm Plank</b> with right leg in abduction for 60 seconds
<b>6:00</b>	<b>10 Regular Single Leg Toe Touches</b> on each side	<b>10 Plyometric Single Leg Toe Touches</b> on each side
<b>7:00</b>	<b>10 Regular Single Leg Toe Touches</b> on each side	<b>10 Plyometric Single Leg Toe Touches</b> on each side
<b>8:00</b>	<b>Right Side Forearm Plank</b> with left leg straight for as long as you are able	<b>Right Side Forearm Plank</b> with left leg in abduction for 60 seconds
<b>9:00</b>	<b>20 Regular Squats</b>	<b>20 Plyometric Jump Squats</b>