

# STRENGTH & CONDITIONING (S&C)



## Improve your Biokinetic Chain

### **When to do?**

Twice a week. On a running day, after the run (either straight after if it was an easy run, or later in the day).

Why then? To keep rest days sacred. Also avoid S&C during race tapers.

Which ones? Pick from **one** of the blocks below on any S&C day.

Each day includes:

- Lower leg
- Upper leg
- Core
- Upper body

### **#1**

- Blind Single Leg Balance  
(Video) 30-60s per leg, X2
- Single Leg Hip Pivot & Twist  
(Video) 60s each leg, X2
- Plank  
(Video) as long as poss, X2
- Air Traffic Control  
(Video) 20seconds, X2

### **#2**

- Knee Rotations  
(Video) 20s, X2
- Single Leg Squats  
(Video) (see below), X2
- Superman  
(Video) 60s, X2
- Press Ups  
(Video) (see below)

### **#3**

- Eccentric Heel Drops  
(Video) 10+ each leg
- Wall Hip Drive  
(Video) 30s each side, X2
- Deadlift  
(Video) 30s, X2
- Bicep Curls  
(Video) (see below)

### **How many repetitions and sets?**

If you could do maximum 6 Press Up in total control, then do 4 ("reps"), then rest for 90+ seconds, before another "set" of 4 reps. More rest time is better than less, to perform the next set well. If you feel ready for a third set, go for it, but best to go easy in the first few weeks while you learn.

Struggling to complete a set of reps? Stop! The risk of injury during a desperate effort repetition is high, because tiredness makes you perform the exercise poorly. Instead, rest and get ready to be strong in the next set with reduced repetitions, or on a different day.

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## HABIT TRACKER



It takes, on average, ten weeks for habits to become automatic.

Print this tracker to form your habit.

Tick three boxes each week. One for each session and a bonus tick because you did both days!

Week#	1 <sup>st</sup> S&C day done!	2 <sup>nd</sup> S&C day done!	Did both days!
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			Keep going!!