

Stronger muscles can increase your speed and lessen the chance of injury. The exercises below, are specific to running and walking, and can be done in part or all at once.

- 1.) **High Knee:** (Hip Flexors) Raise one knee to a 90 degree angle. Gently lower your foot to the floor and repeat - build to 3 sets of 30, or more, over a few weeks.
- 2.) **Rounds:** (Form, stability, hip flexors) Standing on one leg (On one leg, create the cylindrical flow of running).
- 3.) **Lunges:** (Quads & hamstrings) Step forward on one leg, leaving the other leg behind. Bend the front leg down, but no farther than a 90 degree angle. So don't go down too far. Also, don't lean so far forward so your knee goes in front of your toes. In other words, don't extend your knees too much.
- 4.) **Sliding Wall Squats:** (Quads) Put your back and butt against a wall. Slide down the wall, but no farther than where your knees are at a 90 degree angle. You do not have to go down that far. Hold that sitting/leaning position for 10 to 15 seconds. Then slowly slide back to a standing position. Repeat. The farther your feet are away from the wall, the tougher this is. / pistol squats (Or sliding wall squats)
- 5.) **Pistol Squats** - (Quads) EXTREME ADVANCED MOVEMENT! If you can do this once, you are a God. With one leg extended parallel to the ground, squat down on the other leg. Then stand-up.
- 6.) **Hip raises:** (Hamstrings) While lying on your back, raise your butt slightly off the ground. Lower, and then repeat. The farther your feet are away from you, the tougher this is. For a more advanced version, put your feet on your bed or a chair. Warning, do not raise your back up too high as to extend your neck. Rise up just an inch or so.
- 7.) **Scissors - Abductor Raises:** (Outer side of your leg - Abductors) Lay on your side, with your lower leg bent forward, and your upper leg stretched out straight. With your foot parallel to the ground, raise our upper leg up about two feet only. Lower and repeat. Build up to 3 sets of 30 or more, over a period of a few weeks.
- 8.) **Adductor Raises** (Inner thigh - Adductors) Lay on your side, with your upper leg bent forward. You may want to put a pillow underneath

that upper leg, to support it. It needs to remain parallel to the ground below. Raise your lower leg up gently, as best as you can. Repeat. Build up to 3 sets of 30 or more, over a period of a few weeks.

- 9.) Dead Bug (Core - abdominals) Swing opposite arm and leg up, then lower & raise other arm & leg. Repeat numerous times. Important movement for runners and walkers. Will not get you “ripped”, but will get your mid section strong to support you efficiently. Build up over several weeks.
- 10.) Plank or Bridge: (Upper body) Hold push-up position, or on elbows. Keep your back and legs straight, as if you could lay a board across your body, at an angle. Add more time, over a few weeks.
- 11.) Flying Plank (Upper body - one side) The Plank on one arm, with the other extended in the air above.
- 12.) Kick-backs (Upper hamstrings, lower glutes) On all fours, raise one leg behind to back level. Do not raise your leg above your back. Do a set with one leg, then switch to the other. Repeat and do more, building slowly over a few weeks.
- 13.) Stretch (See stretch list.) This is critical to maintaining or building speed and intensity.