



Running seems so simple! It was once natural but has become a high-injury sport. I invite you to provide a solid foundation to your running with drills and exercises that build balance, stability and strength.

1. Simple and effective exercises to gain stability and strength
2. Running movement drills to promote proper form
3. Dynamic warm-up to prepare the body for safe running
4. Cadence-focused running pace and foot-strike
5. Intervals of running and walking to accommodate gradual strength and endurance

TriLaVie Run Strong Drills – Part I introduces simple and effective exercises to gain stability and strength.

The four (4) exercises below develop strength and stability. For best results, incorporate them into each run session for at least 5 minutes. You can do all 4 or just choose one per session. Consistency and repetition is the key to improvement. Create positive patterns in the connection between your mind and your muscle. Be thoughtful as you do each exercise. Quality is good. Quantity is important. Quality and quantity gets fast results.

3-Part Exercise for Balance: Most of us are stronger on one side of our body than the other. When your discrepancy is noticeable, do the 3-part exercise. Start with your weak side, then work the strong side, then do an additional set on the weak side.

1. Posture: While keeping the body nice and tall, head looking forward and arms up at 90 degrees, get a slight bend in the knees. Make sure the feet are still flat on the ground and that we are maintaining good posture, but a little shorter than if we were standing up straight! Feel your full foot connected with the ground, but the main energy in the arch or mid-foot area. You may rock forward and backward from toe-to-heel to promote circulation and find your postural center of power. Set your posture before each exercise or run and practice this for about 15-30 seconds a few times a week.
2. Glute-focused Leg Raises: Stretch one leg behind you and rest your toes on the ground for stability. Keep your other leg firmly rooted under your center of gravity with a slightly bent knee. Engage your core and lift the leg about 2-4 inches off the ground. While you lift the leg behind you, squeeze the glute (your butt muscle). Don't just raise the leg... squeeze the glute. Touch the muscle you want to activate to enhance mind-muscle connection. Slow and controlled is key here! 3 sets of 10 lifting and lowering on each leg.
3. Single Leg Balance: Promoting stabilization of the smaller muscles, ligaments and tendons is important so that the larger muscles don't over-power them. Starting with good posture and engaged core, glutes contracted and balance on each leg for about 30 seconds – 1 minute. Close your eyes, if possible, and notice that your balanced is challenged. Feel free to touch your toe down to the ground to regain balance and repeat several times. When you can stand on one leg with your eyes closed continuously, you will feel amazingly stable and strong! Repeat this twice on each leg, or 2 rounds of 3-Part Exercise.
4. Running (Wo)man: This dynamic drill helps coordinate arm and leg movement while promoting stability in a running position. Start in a lunge position with one leg forward (knee bent into a 90 degree position) and one leg behind you balancing on your toes. Elbows bent – with the opposite arm raised than the extended back leg. Alternate raising the knee to the front of the body while dropping the opposite arm. Repeat for stability and increase speed as you are more stable. 30 seconds – 1 minute on each leg.