

STRENGTH AND STABILITY ESSENTIALS FOR EVERY RUNNER

Dr. Adrienne Kawabata, PT, DPT

A Physical Therapist's Guide to Stronger, Smarter Running



Introduction

Hey Runner!

First, thank you for taking an interest in improving your health and performance with running and trusting me with providing helpful information to you.

This ebook is for runners of ALL skill levels that want to stay injury-free, prevent old injuries from coming back, and improve their performance.

To the person that doesn't even consider themselves a runner - this is a PERFECT time to use this as a skills check off list!



And for the seasoned runner, please consider this to be a check up to see if these movements feel familiar and strong to you as it SHOULD be an essential component to support and improve your running performance.

After using this ebook, I hope you feel more prepared, better guided, and stronger for your runs ahead.

Stay moving well,

Dr. Adrienne

Why Strength & Stability Matters for Runners

Common issues runners face (injuries, imbalances, poor running economy)

Running is a series of single leg hops.

Having stable joints held together by strong muscles and tendons make running not only more efficient but **SIGNIFICANTLY** reduce your injury risk!



The **FASTER** you want to run, the **MORE FORCE** you must produce.

Stronger muscles are required to run faster. Many of the injuries that occur with running are overuse related and is commonly due to an untrained musculoskeletal system, which is strengthened through...well, **STRENGTH TRAINING!!**

Benefits of Strength & Stability Work

(Injury prevention, efficiency, longevity)

So, whether you love the gym or hate it...if you're serious about running and wanting to stop getting injured, prevent injury, or run faster for longer...**lifting SOME weight is where it's at.**

And it doesn't have to cost you a lot of your time. Your **consistency** and **progression** with strengthening these certain muscles will take you to another level.

You'll not only feel stronger but your bones, muscles, and tendons will be **less injury prone**, your runs will feel more efficient...aka easier!

And best of all, you're setting up your body for a **longer and healthier life ahead.**



Why Strength & Stability Matter for Runners

Quick myth-busting

(e.g. "running is enough for leg strength")

Myth buster #1: Running is considered strength training for your legs.

Nope. (Unless you're powering through some solid hill workouts). Strength training by definition should be challenging for your muscles against a resistance that typically is at a load of 8-12 repetitions. And by that, if your goal is 8 reps, rep 6 should feel HARD but your form does not fail and you may be able to do 2 more decent reps after.

Myth buster #2: You need to lift 3x/week for optimal results.

No! If you come from a background of NO strength training, even ONCE a week can be beneficial. Ideally 2x but what fits your schedule and lifestyle matters more. And how long? Even just 20 MINUTES for each session can make a world of difference. The key is consistency. This is your new habit.

If you ever feel like you'd benefit from workouts tailored to your running goals, I'd be happy to help guide you.

[Click here and let's make strength training simple and doable for you.](#)

Before You Begin...

Frequency Recommendation

- Never done strength training before? → **1x/week**
- Done some kind of strength work? → **1-3x/week** (will decrease if your mileage is ramping up! So before then, build your strength base!)

Equipment needed

- Small step (box or stair step)
- Mini looped resistance bands ([here's my personal fav](#))
- Weights (dumbbells/kettlebells)

The Exercise Checklist

1. Core & Stability
2. Hips & Glutes
3. Legs & Balance
4. Plyometrics (optional bonus)

The Strength & Stability Exercise Checklist

Section 1: Core & Stability

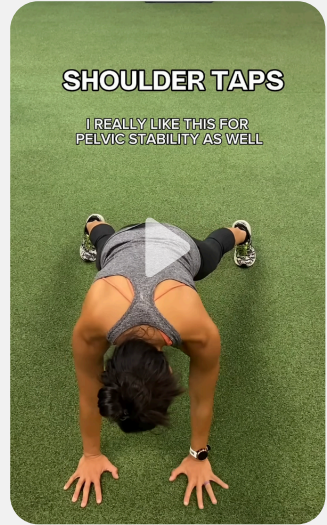
1. Shoulder taps

Pro Tip: Focus on keeping your knees STRAIGHT, pushing your hands THROUGH the floor, and creating little to no movement through your pelvis.

Reps/sets: 3 sets of 10 taps to each shoulder

Too hard?: Use an elevated surface - put your hands on a bench/table

[Click this or the video to watch](#)



2. Side Plank

Pro Tip: Yes this takes some shoulder strength. Consider your rotator cuff part of your core workouts and see your posture improve!

Reps/sets: 3 sets 1 minute holds

Too easy?: Try the side plank clamshell (See below)

[Click this or the video to watch](#)



The Strength & Stability Exercise Checklist
Section 1: Core & Stability

2.1 Side Plank Clamshell

Reps/sets: 3 sets 30-60 sec holds
OR 12-20 reps of clamshells

[Click this or the video to watch](#)



3. Bird Dog Row

The bird-dog spiced up! Works your core to counteract unwanted rotation by challenging your entire trunk from your shoulder stabilizers down to your hip stabilizers.

Pro Tip: Brace your core before you pick up the weight! And breathe.

Reps/sets: 3 sets 10 reps each side

[Click this or the video to watch](#)



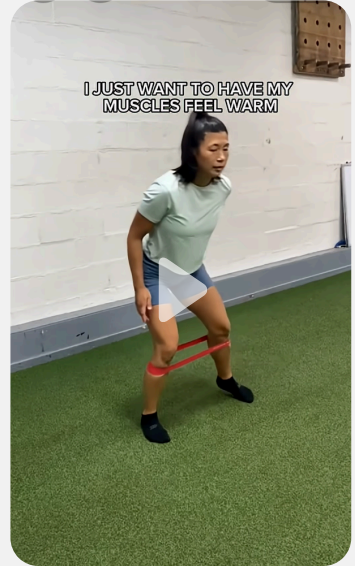
The Strength & Stability Exercise Checklist
Section 2: Hips & Glutes

1. Monster Walks/Band Lateral Walks

Pro Tip: To target your glutes even more: hinge at the hips and prevent the knees from caving inwards by pushing your knees out into the band

Reps/sets: Use as a warm up 2 sets 12 steps each way

[Click this or the video to watch](#)



2. Deadlift (kettlebell, sumo dumbbell)

Pro Tip: The straighter you keep your spine, the more you'll feel it in your hamstrings and glutes!

Too Easy?: Try the deficit sumo deadlift (See below)

[Click this or the video to watch](#)



The Strength & Stability Exercise Checklist
Section 2: Hips & Glutes

2.1 Deficit Sumo Deadlift

Pro Tip: If you find you're rounding your back more at the bottom of this movement, your hamstrings or hips may be too tight for this!

Reps/sets: 3 sets 8-12 reps

[Click this or the video to watch](#)



3. Kickstand RDL

Pro Tip: Keep your [working leg] shin perpendicular to the ground.

Reps/sets: 3 sets 8-12 reps

[Click this or the video to watch](#)



The Strength & Stability Exercise Checklist
Section 3: Legs & Balance

1. Split Squats

Pro Tip: Ensure your knee is tracking out towards your third toe and hips are level

Reps/sets: 3 sets 8-12 reps each leg

[Click this or the video to watch](#)

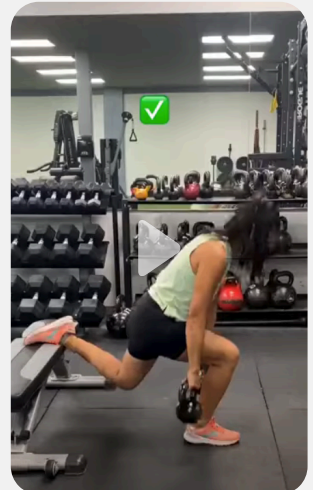


2. Bulgarian Split Squats

Pro Tip: Hinging at your hips will target the glutes > quads. Keep the knee tracking out towards third toe.

Reps/sets: 3 sets 8-12 reps each leg

[Click this or the video to watch](#)



The Strength & Stability Exercise Checklist
Section 3: Legs & Balance

3. Lateral Step Downs

Pro Tip: Keep your pelvis level (don't "reach" your leg down to the ground. Imagine your pelvis is one unit and you're lowering your entire body down/up. Track the knee out towards third toe.

Reps/sets: 3 sets 8-12 reps per leg

[Click this or the video to watch](#)

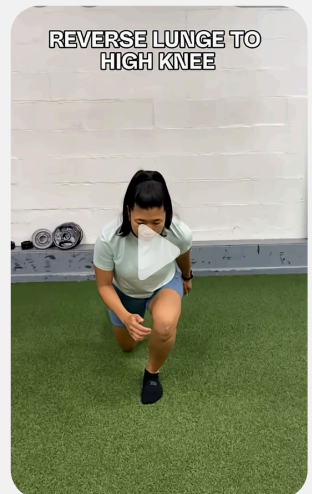


4. Reverse Lunge to High Knee

Pro Tip: Work your glutes more by hinging at your hips and minimizing a forward translation of your knee

Reps/sets: 3 sets 8-12 reps per leg

[Click this or the video to watch](#)



The Strength & Stability Exercise Checklist
Section 3: Legs & Balance

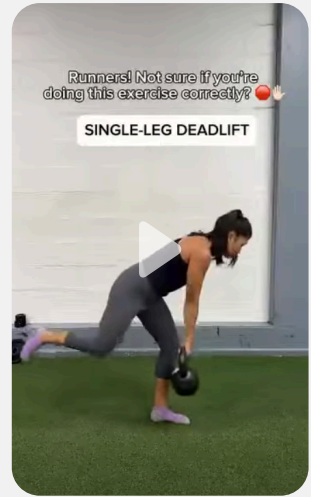
5. Single-Leg RDL

Pro Tip: Keep spine straight. If you cannot keep your balance, regress to kickstand RDL.

Reps/sets:

[Click this or the video to watch](#)

Too easy?: Try the single leg RDL to march (See below)

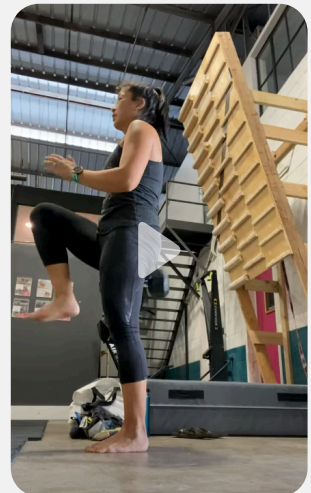


5.1 Single Leg RDL to March

Pro Tip: As you bring your leg up into a march, imagine pushing your grounded leg through the ground to engage the entire leg even more!

Reps/sets: 3 sets 8-12 reps per leg

[Click this or the video to watch](#)



Section 4: Plyometrics (Optional Bonus)

Before you begin this section of plyometrics, ensure you've mastered the basics of a squat, deadlift, and single leg RDL. Before we do anything explosive I like to ensure solid strength and stability first! If you got it, move on to this section!

2. Jump Squats

Pro Tip: Be sure to hit the “triple extension” - extend at the hips, knees, AND toes!

Reps/sets: 2-3 sets 6-8 explosive jumps

[Click this or the video to watch](#)

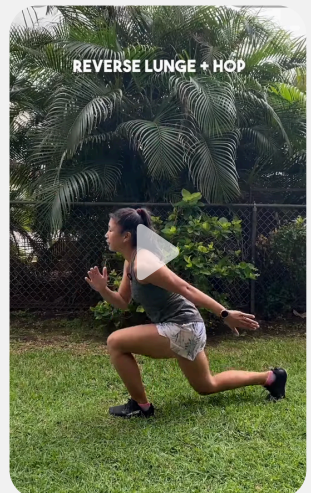


1. Reverse Lunge with Hop

Pro Tip: Use your arms! It'll greatly help with your balance. Hinge at your hips to get those glutes to fire

Reps/sets: 2-3 sets 6-8 explosive jumps

[Click this or the video to watch](#)



"Do I need to do ALL these exercises on strength days?"

No! I recommend picking 1-2 exercises from each category and circuit through them 2-4 times.

Sample Weekly Routine

Sunday	Long Run
Monday	Easy Run
Tuesday	Easy Run and Strength (Minimum 3 hour break between if possible)
Wednesday	Rest Day
Thursday	Easy Run and Strength (Minimum 3 hour break between if possible)
Friday	Easy Run
Saturday	Rest Day

Aim for consistency over perfection

About the Author

Hi! I'm Adrienne and I'm a Doctor of Physical Therapy specialized in the treatment of orthopedic conditions for runners.

I love to run and have had my share of personal setbacks and have helped countless runners rehab through various injuries and surgeries to come back even stronger!

It's such an honor to be part of their journey, and now yours.

I truly hope you find this to be a valuable tool to help you structure your strength training!



What working with me feels like—through my patients' words:



Matthew
Honolulu, HI



Couldn't run for 8 years following injury. Over the years, saw 3 PTs, podiatrist and 2 orthos in 2 countries. Tried inserts. Then saw Adrienne at the movement doc. I'm running. Can't recommend enough. She cares.



Jungmoo
Honolulu, HI



If you are looking for a physical therapist **who will actually listen**, stay **ENGAGED**, and work together with you to find a solution, then I cannot recommend Adrienne highly enough.

It's incredibly frustrating and quite frankly, scary, to be able to pump out 5k a day easily to not even being able to run a mile due to various "knee issues." **Adrienne worked with me to figure out what muscle groups, exercises, and stretches were needed to get my body to adopt and overcome its challenges.**

She **doesn't farm you out to other PT technicians**, or just give you a printed out list of workouts.

She will **give 100% of her attention** and meticulously troubleshoot your body to figure out what works/doesn't work. Quite frankly, I've never had a PT like her and it was incredibly eye-opening. Thanks to Adrienne, **I can trust my body again.**



Chris S.A.
Mesa, AZ



She relentlessly attacked the area around the injury with in-person and **at-home routines** to make my shoulder area much more **flexible and stronger**. I'm **back to surfing nearly everyday** and my shoulder is nearly 100%. No surgery. I would highly recommend Adrienne for anyone facing an injury.



Susan N.
Casa Grande, AZ



It was not an easy task to determine which part of my body was causing my pain. I am pleased to say **Dr. Adrienne figured out the exercises that gave me relief**. I have the highest regard for her expertise. She is calm, encouraging, explains procedures very well and is **relentless in determining the underlying causes of pain.**

- **For virtual clients:**

- Collect a thorough injury and training history
- Build you a customized **training plan** (through an app) that doesn't involve extensive time off the road/trail
- **Coach** you through your movement faults during your exercises
- Full **running analysis**
- Help you **cross train** effectively to keep you running and moving well throughout your life



- **For in-person (On Oahu, Hawaii):**

- All the above plus: A comprehensive **physical exam** of your strengths and weaknesses to find the source of your problem/pain
- Hands on treatment (joint/soft tissue work, cupping, taping, etc) of injured tissues



**Tomorrow, you could
be 1 more day
"rested" or one day
closer to your
problems SOLVED.**



If you've been dealing with nagging hip, knee, or foot pain, or if you simply want to run stronger, check out my ebook **RunSmart: The Ultimate Runner's Self-Assessment for a Resilient Comeback.**



Inside, you'll find **7 key movements every runner needs**, easy **self-tests to spot your weak points**, and the right exercises to build them up so you can get back to running pain-free.

Get your copy **HERE!**



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