



6 EXERCISES

EVERY RUNNER
SHOULD BE DOING

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WHO AM I?

Hi there! I'm Adrienne Kawabata. I'm first and foremost a mother to Adam and wife to Kyle. I am a doctor of physical therapy and board certified orthopedic clinical specialist.

I love running for exercise and I'm passionate about helping others feel stronger and more confident to enjoy running throughout their life.

Running was not always enjoyable for me and in fact it was painful in the beginning. The very thing that eliminated my pain with running was a proper strength program! That set the stage for my running to be pain free since then.

Also I thankfully was able to enjoy running healthily and injury free during my pregnancy and postpartum.

Being able to perform all the tasks of motherhood and as an athlete is such an empowering experience that I want all people to have. My goal is to help you feel good in your body and the way it moves.

I hope this guide helps you rethink how you're structuring your strength programming to improve your running economy, strengthen weaker areas, and decrease risk for injury.

WHY Strength Train for Running?

Running is a plyometric activity - it's a series of single leg hops.

Each landing of the hop produces a force 2-4x your body weight!

Your muscular system controls each hop to minimize stress is put through your joints.

Strength training sets a solid foundation for you to perform plyometric activities while minimizing risk of injury.

It will help gradually build resilience in your muscles, tendons, and bones.

This guide shows you key movements to incorporate into your training

1

Squats

Box Squat: an easy way to start doing loaded barbell back squats

Other variations: Back squat, goblet squat, dumbbell squat

WHY? This builds a strong base in your quads, hamstrings and lower back muscles. The barbell squats (box and back squat) will allow you to load more weight.

Dose: 3 sets 8-12 reps



Goblet



Dumbbell

2

Deadlifts

WHY? The deadlift effectively challenges all of your posterior muscles from your upper back, lower back, glutes and hamstrings, and even your quads.



Trap bar/hex bar: easy and honestly a more preferable way to deadlift as it's more forgiving on form.

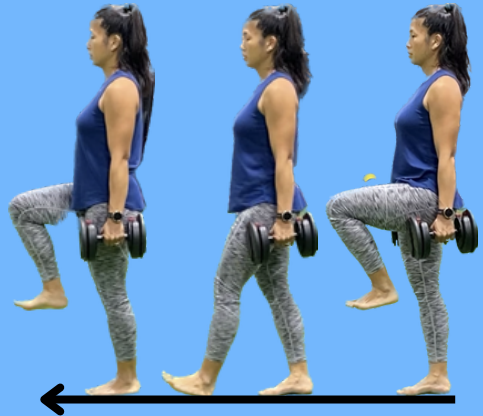


Other variations: Barbell deadlift, kettlebell deadlift

Dose: 3 sets 8-12 reps

3

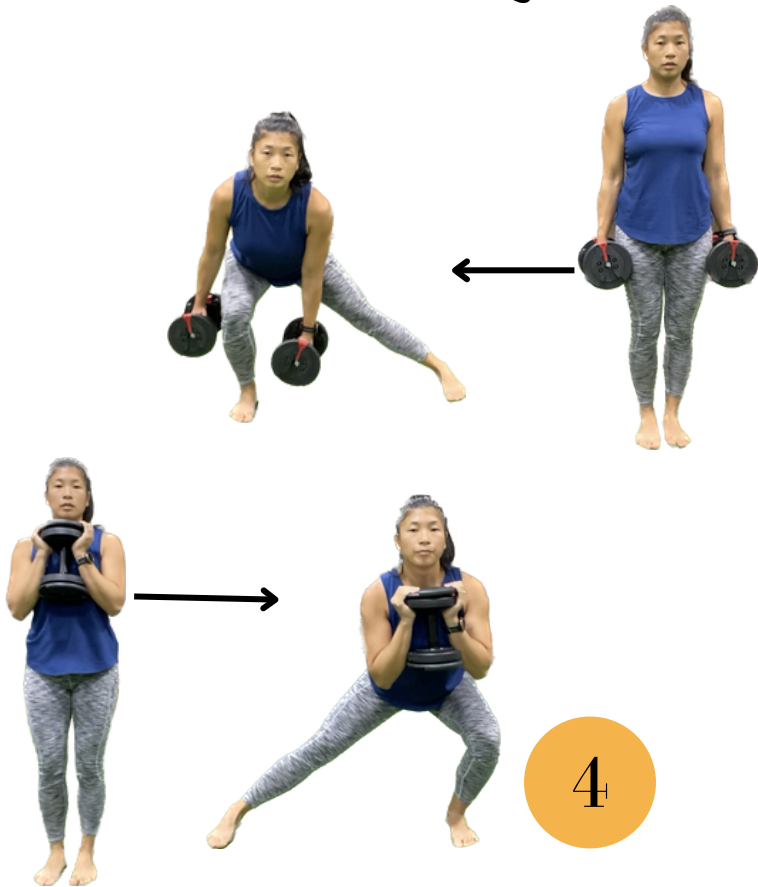
Farmers Carry March



WHY? The Farmer's Carry March trains your muscles to smoothly transfer weight. It's relevant to running as it demands single limb stability - toe dexterity, foot and ankle control, and trunk stiffness while promoting a balanced, upright posture

Dose: 10 steps forwards and 10 backwards. Try barefoot!

Side Lunge



WHY? The lateral or side lunge is a great way to train in the frontal (side to side) plane of motion. Remember to keep your chest up and control the landing by sitting your hips back.

Other variations: Goblet side lunge, side lunge to march

Dose: 3 sets 8-12 reps

5

Side plank clamshell

WHY? Build lateral stability in your core AND glutes to minimize knee valgus (knock knee) with this exercise! Make sure you can do a regular side plank and clamshell separately before combining this movement.

Dose: 3 sets 12-15 reps or 3 sets 1min hold



6

Calf raises

WHY? Prevent excessive knee flexion during stance phase of running. As a runner, you should have the endurance to perform 25 single legged controlled calf raises (preferably off a step)

Other variations: Loaded single leg deficit calf raise

Dose: 3 sets 20 single leg



WHEN TO STRENGTH TRAIN?

Dedicating even just 1 day per week to strength training can go a long way.

Remember the **best exercise routine is the one you stick with.**

Ideally 2x/week to these various muscle groups in this guide will allow you to keep your legs and core strong for your runs.

HOW TO STRENGTH TRAIN?

Progressively load (increase weight) using your rate of perceived exertion (aka RPE, which is a 0-10 scale; 0 being easy and 10 extremely hard) between a 6-7/10 difficulty without form failure with each exercise.

When things get easy, up the intensity by either increasing weight, changing to a slower or faster tempo, decreasing rest breaks, or increasing reps/sets.



WHAT'S NEXT?

Stay tuned for more free resources by following me on Instagram, TikTok or YouTube! More exercises related to running and postpartum running to come!

Have further questions about your programming?

Contact me here:

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