

# BREAKSPEARE CLINICS Personal Exercise Programme

## Exercises for Running

Breakspeare Clinic- Milton-Under-Wychwood  
Breakspeare Clinic- Cheltenham  
Breakspeare Clinic- Didcot

Provided by Paul Wray  
Provided for  
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### Standing Calf Stretch

Stand tall and take a long step forward.

Move your weight forwards but keep the heel of the rear leg on the floor and feel a stretch in your calf. Return to the starting position.

Hold for 30 - \_\_\_\_\_ seconds.

Repetitions 3 /set

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Stand in a walking position with the leg to be stretched behind you. Hold on to a support.

Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor.

Hold approx. 30 - \_\_\_\_\_ secs. - relax.

Repeat 3 - \_\_\_\_\_ times.

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### Hip Adductor Stretch

Stand tall and take a long step to the side.

Keep one leg straight and squat down with the other leg until you feel a stretch in the inner thigh of the straight leg. Hold the stretch for a moment. Push back up to the starting position.

Note: You can place your hands on your waist or take support from your knee.

Hold for 30 - \_\_\_\_\_ seconds.

Repetitions 3 - \_\_\_\_\_ /set

Sets 1

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Stand holding on to a support. Bend one knee and take hold of the ankle **or use a strap/belt looped around the lower leg**. Do not lock the knee of the leg you are standing on.

Draw your heel towards your buttock. Stand tall, tilt your hip forwards **make sure the knee you are stretching is behind the other knee**, keep legs parallel. Feel the stretch in the front of your thigh of the bent leg.

Hold 30 - \_\_\_\_\_ secs.

Repeat 3 - \_\_\_\_\_ times.



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Stand with the leg to be stretched on a chair, heel over the edge.

Push the opposite hip forwards and bend your trunk forwards keeping your back straight.

Hold approx. 30 - \_\_\_\_\_ secs.

Repeat 3 times.

### Hip Flexor Stretch

In half-kneeling on a soft cushion.

Tilt your pelvis backwards and squeeze your buttocks. Keep your upper body upright throughout the exercise. Hold the stretch while breathing smoothly. Then relax.



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Hold for 30 - \_\_\_\_\_ seconds.

Repetitions 3 - \_\_\_\_\_ /set

### Buttock Stretch

Sit on the floor with your legs straight.

Bend and cross one leg over the other and pull the knee towards your chest with the opposite hand. Turn towards the bent leg. Hold the stretch while breathing smoothly. Then relax.



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Hold for 30 - \_\_\_\_\_ seconds.

Repetitions 3 - \_\_\_\_\_ /set

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### Leg Swings Sideways



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Start by standing and lift one leg off the floor.

Start swinging the leg in front of the other leg back and forth from one side towards the other side. Keep the movement relaxed.

Repeat 10 - 15 times.

Sets 1

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### Leg Swings Forwards and Backwards with Support



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Start by standing. Lift one leg off the floor and take support if needed.

Start swinging the leg backwards and forwards. Keep the movement relaxed.

Repeat 10 - 15 times.

Sets 1

Times/day 1 times

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### Pelvis/hip and lower back mobilising exercise



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Lie on your back.

Bend one knee towards your chest, helping with your hands. Keep your other leg on the floor. **Rock the leg backwards and forwards.**

Hold \_\_\_\_\_ seconds.

Repeat 10 - 15 times.

Sets 1 - \_\_\_\_\_

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### **Bridge**



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Lie on your back with legs bent.

Squeeze your buttocks, roll your pelvis off the floor and straighten your hips. Hold and in a controlled manner return to the starting position.

Repeat 8 - 12 times.

Sets 1 - 3

Hold for 2 - 3 sec

Times/day 1 - \_\_\_\_\_ times

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### Single-leg Mini Squat

Stand tall on one leg with the other leg raised behind.

Squat down keeping your knee in line with the toes and your pelvis level.  
Push back up to the starting position.

#### Progression -use Dumbbells or resistance band

Repeat   6   -  10  times.

Sets   1   -   3  

Weight   2   -   5   kg

Times/day   1   -        times



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### Resisted Lateral Step

Start by standing with a mini band around both ankles or feet. Hips are straight, and knees are soft but not bent.

Take steps sideways against the resistance from the band. Feel the tension in your buttocks.

Repeat   6   -  10  times.

Sets   1   -   3  

Times/week        -        times

Band Colour Green/Blue/Black

Times/day   1   times