

Glute Exercises for Runners Worksheet

Thanks for downloading this worksheet which accompanies the online workshop presented by James Dunne.

Below is a simple framework of exercises you can use to begin the process of retraining your gluteal muscles, putting them in a position to be more effective in your running stride...

1. Hip Mobility Exercises

Half Kneeling Hip Flexor Stretch

2 sets of 20 seconds static hold, then 20 active pulses

[CLICK HERE TO VIEW FULL VIDEO](#)

Adductor Mobility Drill

2 sets of 20 on each side

[CLICK HERE TO VIEW FULL VIDEO](#)

2. Floor-based 'Isolation' Exercises

Prone Lying Glute Pull-out

This can be done with or without a resistance band

10 reps of 10 second holds, each side

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Modified Glute Bridge

This can be done with or without a resistance band

3 sets of 15, slowly

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3. Weight-bearing 'Functional' Exercises

Single Leg Squat (with forward reach)

3 sets of 10 on each leg

[CLICK HERE TO VIEW FULL VIDEO](#)

Hip Hitches

3 sets of 10 on each leg

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Of course, please remember that not all exercises are appropriate for everybody. Use common sense: if something hurts, stop!

Good luck

James

Simple Running Drills

During the workshop video, I mentioned some simple running drills, like the A / B Skip and March drills.

Here's the link to watch these drills in action: [CLICK HERE](#)