



# TRANSFORM YOUR RUNNING

THIRTY DAYS - THIRTY WORKOUTS - RUN STRONGER - RUN FASTER



# Welcome to The Challenge

Welcome to the Transform Your Running 30 Day Challenge!

You now have a tried and tested free resource designed to enable any runner to incorporate regular strength, mobility, stability exercises and running form drills into their regular running schedule.

Getting into good habits when it comes to these exercises which supplement your running sessions, is the key to staying injury free and running stronger.

I can't wait to hear how you get on with the workouts in the programme.

The best way to make the most of the challenge is to come and become part of our Facebook Group where myself and my team are on hand to provide support and answer your questions.

See you there!



**James Dunne**








































Sports Rehabilitation Therapist  
Running Coach  
@KineticRev

**Please read:** Always warm up adequately before any workout and immediately cease any exercise which results in pain or discomfort. Consult a sports medicine doctor, physiotherapist or other suitable exercise professional before beginning any new exercise regime. Whilst we have specifically chosen exercises which will be appropriate and of benefit to runners and triathletes of all levels, Kinetic Revolution and our coaches/therapists, specifically James Dunne shall not be held responsible for any loss or injury that is incurred through the use of the information or exercises within this document. In using the information delivered, and linked to within this document you agree to these terms.

# 30 Day Challenge - Progress Sheet

Please feel free to print this sheet off and put it somewhere you're going to see it as a reminder to get the daily workouts done!

✔ You may want to mark each day as complete as you go ✔

STAGE 1: BASIC MOBILITY & BALANCE TRAINING					
 1 	 2 	 3 	 4 	 5 	 6 
STAGE 2: BASIC STRENGTH & CORE TRAINING					
 7 	 8 	 9 	 10 	 11 	 12 
STAGE 3: INTERMEDIATE MOBILITY & PLYOMETRIC TRAINING					
 13 	 14 	 15 	 16 	 17 	 18 
STAGE 4: RESISTANCE BAND TRAINING					
 19 	 20 	 21 	 22 	 23 	 24 
STAGE 5: RUNNING TECHNIQUE DRILLS					
 25 	 26 	 27 	 28 	 29 	 30 

# STAGE ONE

In this initial stage of the challenge, the focus is on improving both hip mobility and single leg balance. All the exercises in this stage of the challenge can be performed either before or after running, or on non-run days.

If you'd like to learn more about why I place so much emphasis on hip mobility, [feel free to read this blog post](#).

## Day 1

- **Hip Flexor Stretch:** 3 x [20sec hold + 20 active reps] each side
- **Hamstring Stretch:** 3 x 20 reps each side
- **Adductor Stretch:** 2 x 10 reps [7sec contract : 10sec relax + stretch]
- **Single Leg Balance (Eyes Open):** 2 x 30sec each side

## Day 2

- **Hip Flexor Stretch:** 3 x [20sec hold + 20 active reps] each side
- **Hamstring Stretch:** 3 x 20 reps each side
- **Adductor Stretch:** 2 x 10 reps [7sec contract : 10sec relax + stretch]
- **Single Leg Balance (Eyes Closed):** 2 x 30sec each side

## Day 3

- **Hip Flexor Stretch:** 3 x [20sec hold + 20 active reps] each side
- **Hamstring Stretch:** 3 x 20 reps each side
- **Adductor Stretch:** 2 x 10 reps [7sec contract : 10sec relax + stretch]
- **Single Leg Balance – Dynamic Running Man:** 2 x 60sec each side

## Day 4

- **Hip Flexor Stretch:** 3 x [20sec hold + 20 active reps] each side
- **Hamstring Stretch:** 3 x 20 reps each side
- **Adductor Stretch:** 2 x 10 reps [7sec contract : 10sec relax + stretch]
- **Single Leg Balance – A-to-Z Drill:** 2 x full alphabet each side

## Day 5

- **Hip Flexor Stretch:** 3 x [20sec hold + 20 active reps] each side
- **Hamstring Stretch:** 3 x 20 reps each side
- **Adductor Stretch:** 2 x 10 reps [7sec contract : 10sec relax + stretch]
- **Single Leg Balance (Eyes Closed):** 1 x 60sec each side
- **Single Leg Balance – Dynamic Running Man:** 1 x 60sec each side

## Day 6

- **Hip Flexor Stretch:** 3 x [20sec hold + 20 active reps] each side
- **Hamstring Stretch:** 3 x 20 reps each side
- **Adductor Stretch:** 2 x 10 reps [7sec contract : 10sec relax + stretch]
- **Single Leg Balance (Eyes Closed):** 1 x 60sec each side
- **Single Leg Balance – Dynamic Running Man:** 1 x 60sec each side
- **Single Leg Balance – A-to-Z Drill:** 1 x full alphabet each side

 [Click here for full video tutorials and BONUS exercises in the free online version of the challenge...](#)

# STAGE TWO

In this second stage of the challenge, we move on to more strength based exercises, as well as adding some demanding core exercises!

On days where you have a run planned. Particularly with the strength exercises like the split squats, you should do these after your run.

## Day 7

- **Split Squat:** 2 x 10 each leg
- **Hip Thruster:** 3 x 10 reps
- **SL Straight Leg Deadlift:** 2 x 10 reps each leg
  
- **Mountain Climbers:** 2 x 20 (10 each side, alternating)

## Day 8

- **Split Squat:** 2 x 12 each leg
- **Hip Thruster:** 3 x 12 reps
- **SL Straight Leg Deadlift:** 2 x 12 reps each leg
  
- **Standing Core Control – Hands on Wall/Tree:** 2 x 10 each leg

## Day 9

- **Split Squat:** 2 x 15 each leg
- **Hip Thruster:** 3 x 12 reps
- **SL Straight Leg Deadlift:** 2 x 15 reps each leg
  
- **Mountain Climbers:** 2 x 24 (12 each side, alternating)

## Day 10

- **Split Squat:** 3 x 10 each leg
- **Hip Thruster:** 3 x 15 reps
- **SL Straight Leg Deadlift:** 3 x 10 reps each leg
  
- **Standing Core Control – Hands Off Wall/Tree:** 2 x 10 each leg

## Day 11

- **Split Squat:** 3 x 15 each leg
- **Hip Thruster:** 3 x 15 reps
- **SL Straight Leg Deadlift:** 3 x 15 reps each leg
  
- **Mountain Climbers:** 2 x 30 (15 each side, alternating)

## Day 12

- **Split Squat:** 3 x 15 each leg
- **Hip Thruster:** 3 x 15 reps
- **SL Straight Leg Deadlift:** 3 x 15 reps each leg
  
- **Standing Core Control – Arms & Legs Together:** 2 x 10 each leg



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# STAGE THREE

In this third stage of the challenge, we progress the mobility work from the first stage, and add some light plyometric exercises to work on your efficiency of loading at the ankle. You may find the mobility work challenging in terms of upper body strength. This often highlights an area of weakness for us runners in particular. Feel free to join the Facebook group and ask for alternatives!

**Please Note:** Do not perform the jumps or hops if you have a history of calf and/or achilles injury, or other similar issues.

## Day 13

- **Modified Pigeon Stretch:** 2 sets of 10 reps to each side
- **Lateral Hip Stretch:** 2 sets of 20 reps (7sec holds) alternating
- **Spiderman Rotations:** 2 sets of 10 alternating reps each leg forward
- **Double Leg Jumps:** 5 x 20sec
- **Single Leg Hops:** 5 x 10sec on each leg

## Day 14

- **Modified Pigeon Stretch:** 2 sets of 12 reps to each side
- **Lateral Hip Stretch:** 2 sets of 20 reps (7sec holds) alternating
- **Spiderman Rotations:** 2 sets of 12 alternating reps each leg forward
- **Double Leg Jumps:** 5 x 20sec
- **Single Leg Hops:** 5 x 10sec on each leg

## Day 15

- **Modified Pigeon Stretch:** 2 sets of 12 reps to each side
- **Lateral Hip Stretch:** 2 sets of 20 reps (7sec holds) alternating
- **Spiderman Rotations:** 2 sets of 12 alternating reps each leg forward
- **Double Leg Jumps:** 5 x 20sec
- **Single Leg Hops:** 5 x 10sec on each leg

## Day 16

- **Modified Pigeon Stretch:** 2 sets of 12 reps to each side
- **Lateral Hip Stretch:** 2 sets of 20 reps (7sec holds) alternating
- **Spiderman Rotations:** 2 sets of 12 alternating reps each leg forward
- **Double Leg Jumps:** 5 x 20sec
- **Single Leg Hops:** 5 x 10sec on each leg

## Day 17

- **Modified Pigeon Stretch:** 2 sets of 12 reps to each side
- **Lateral Hip Stretch:** 2 sets of 20 reps (7sec holds) alternating
- **Spiderman Rotations:** 2 sets of 12 alternating reps each leg forward
- **Double Leg Jumps:** 5 x 20sec
- **Single Leg Hops:** 5 x 10sec on each leg

## Day 18

- **Modified Pigeon Stretch:** 2 sets of 12 reps to each side
- **Lateral Hip Stretch:** 2 sets of 20 reps (7sec holds) alternating
- **Spiderman Rotations:** 2 sets of 12 alternating reps each leg forward
- **Double Leg Jumps:** 5 x 20sec
- **Single Leg Hops:** 5 x 10sec on each leg

 [Click here for full video tutorials and BONUS exercises in the free online version of the challenge...](#)

# STAGE FOUR

In this penultimate stage of the challenge, we introduce resistance bands. These are one of my favourite training tools for runners!

**Please Note:** If you do not have a resistance band to use, there are alternative non-banded exercises available in the online version of the 30 Day Challenge programme.

## Day 19

- **Resistance Band Squats:** 2 sets of 20 reps
- **SL Resisted Toe Touch:** 2 sets of 10 reps each leg
  
- **Lateral Resistance Band Walk:** 2 sets of 30 sec each direction
- **SL Rotations with Resistance Band:** 2 sets of 10 rotations each side

## Day 20

- **Resistance Band Squats:** 2 sets of 20 reps
- **SL Resisted Toe Touch:** 2 sets of 10 reps each leg
  
- **Lateral Resistance Band Walk:** 2 sets of 30 sec each direction
- **SL Rotations with Resistance Band:** 2 sets of 10 rotations each side

## Day 21

- **Resistance Band Squats:** 2 sets of 20 reps
- **SL Resisted Toe Touch:** 2 sets of 10 reps each leg
  
- **Lateral Resistance Band Walk:** 2 sets of 30 sec each direction
- **SL Rotations with Resistance Band:** 2 sets of 10 rotations each side

## Day 22

- **Resistance Band Squats:** 2 sets of 20 reps
- **SL Resisted Toe Touch:** 2 sets of 10 reps each leg
  
- **Lateral Resistance Band Walk:** 2 sets of 30 sec each direction
- **SL Rotations with Resistance Band:** 2 sets of 10 rotations each side

## Day 23

- **Resistance Band Squats:** 2 sets of 20 reps
- **SL Resisted Toe Touch:** 2 sets of 10 reps each leg
  
- **Lateral Resistance Band Walk:** 2 sets of 30 sec each direction
- **SL Rotations with Resistance Band:** 2 sets of 10 rotations each side

## Day 24

- **Resistance Band Squats:** 2 sets of 20 reps
- **SL Resisted Toe Touch:** 2 sets of 10 reps each leg
  
- **Lateral Resistance Band Walk:** 2 sets of 30 sec each direction
- **SL Rotations with Resistance Band:** 2 sets of 10 rotations each side



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# STAGE FIVE

In this final stage of the challenge, the focus turns to running form. I have chosen a couple of simple drills to work on this week to improve your stride pattern, and arm carriage in particular.

Well done for getting this far in the programme. You're nearly there now!

## Day 25

- **Hip & Knee Flexion Drill – Against a Wall:** 1 set of 100 reps
- **Arm Swing Strides:** 6 sets of 60m easy running, focused on driving ELBOWS backwards and maintaining a tall posture.

## Day 26

- **Hip & Knee Flexion Drill – Against a Wall:** 1 set of 100 reps
- **Arm Swing Strides:** 6 sets of 60m easy running, focused on driving ELBOWS backwards and maintaining a tall posture.
- **Technique Reps:** 3 sets of 2mins steady running. Focus on driving elbows backwards, maintaining great posture and picking your heels and knees up a little more than usual for the given pace

## Day 27

- **Hip & Knee Flexion Drill – Against a Wall:** 1 set of 100 reps
- **Arm Swing Strides:** 6 sets of 60m easy running, focused on driving ELBOWS backwards and maintaining a tall posture.
- **Technique Reps:** 2 sets of 5mins steady running. Focus on driving elbows backwards, maintaining great posture and picking your heels and knees up a little more than usual for the given pace

## Day 28

- **Hip & Knee Flexion Drill – Against a Wall:** 1 set of 100 reps
- **Arm Swing Strides:** 6 sets of 60m easy running, focused on driving ELBOWS backwards and maintaining a tall posture.
- **Technique Reps:** 2 sets of 5mins steady running. Focus on driving elbows backwards, maintaining great posture and picking your heels and knees up a little more than usual for the given pace

## Day 29

- **Hip & Knee Flexion Drill – Against a Wall:** 1 set of 100 reps
- **Arm Swing Strides:** 6 sets of 60m easy running, focused on driving ELBOWS backwards and maintaining a tall posture.
- **Technique Reps:** 2 sets of 5mins steady running. Focus on driving elbows backwards, maintaining great posture and picking your heels and knees up a little more than usual for the given pace

## Day 30

- **Hip & Knee Flexion Drill – Against a Wall:** 1 set of 100 reps
- **Arm Swing Strides:** 6 sets of 60m easy running, focused on driving ELBOWS backwards and maintaining a tall posture.
- **Technique Reps:** 2 sets of 5mins steady running. Focus on driving elbows backwards, maintaining great posture and picking your heels and knees up a little more than usual for the given pace

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# Frequently Asked Questions

## How does this programme fit with my current training plan?

We had this specific question in mind when developing the challenge material. The nature of the 10-15min daily workouts we've put together mean that they won't add significant training volume or intensity to your regular plan. So whether you're training for your first 5km race or pushing for a sub 9hr Ironman finish, you'll be able to follow the workouts effectively.

## What equipment will I need to take part in the 30 Day Challenge?

Very little. Most of the exercises we've chosen require no equipment. Some may require a little improvisation, such as finding a step. The only specific equipment we use is a resistance band, which many runners will have access to, and can be purchased cheaply here: [Amazon – Resistance Bands](#).

## I'm currently injured, can I still take part?

All injuries are different, and your rehab is unique to your circumstances. Take the guidance of your Physical a Therapist and listen to your body. Don't be tempted to exercise through pain. If it hurts, stop!

## Where can I get more support, and answers to specific questions?

Please do come and join us in the [Transform Your Running - 30 Day Challenge Facebook Group](#). This is the perfect place for you to have your questions answered, discover alternative exercises and get more from the challenge!

## **Did you enjoy the challenge?**

**If you found this programme helpful, please feel free to pass it on to any running friends you feel might also benefit.**

**Thank you!**