

# Welcome to the Running for Real Strength Training Program!

We are excited to have you with us and look forward to working with you over the coming 6 weeks with a strength training prescription designed with you in mind.

This program is unlike any other strength training program out there, as we will look at your background, previous injuries, and movement patterns to figure out what would be best for you as an individual to stay healthy and run faster.

While we are working on your program, you can begin on the week 0 exercises to prepare your body for the strength training coming.

Once your plan is ready, we will send it over to you with a video created just for you explaining what you need to watch out for based on what we noticed through your test exercises.

We will be providing you with feedback and support during the entire duration of your training with us, and look forward to watching you progress.

## Test Exercises

To be able to create a custom program for your specific strengths, weaknesses, and personal history, it is important to first understand a little about you and how you move.

These six movements will help us identify patterns which may be robbing you of movement capacity and strength - both in daily activities and in your running endeavors.

Now, we deliberately did not provide videos or photos of the exact positions of the movements. We wanted to see how your body gets into the particular positions without videos or images changing your perception of the movement. Do not try to change it or practice, just do it the best you can.

Please perform the prescribed repetitions of each pattern in a controlled manner.

**Complete each movement TWICE**, the first time being recorded from the side and the second time facing the camera. A phone camera will work just fine.

Items you will need:

- Roll of tape
- Broomstick or dowel
- Timer,
- A doorway

# Overhead Squat

**You will need:** Broomstick or dowel and tape line on the floor

1. In a doorway, place your foot up against one of the sides, put a strip of tape on the floor behind your heel. When you step away, the tape should be one foot length (your foot) away from the door frame.
2. Place your toes on the line with your feet shoulder width apart and each half of your body on either side of the door.
3. Hold the dowel over your head, with your arms out to the side, so your elbows and shoulders form 90-degree angles.
4. Push the dowel overhead by straightening your arms
5. With your arms still raised, perform three controlled squats, going as low as you can.

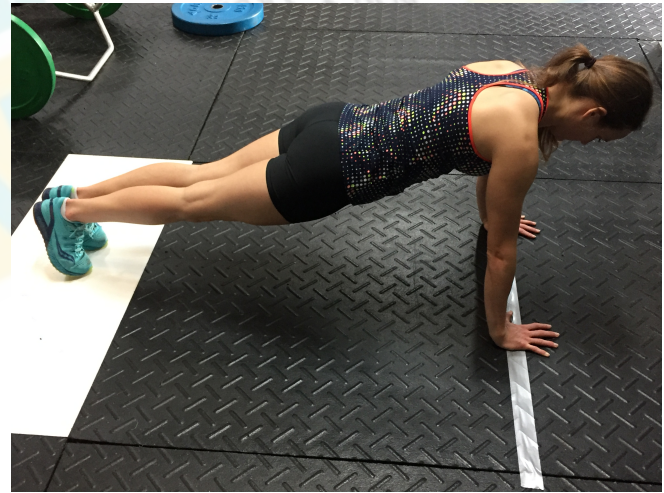
If you feel any pain, let us know in the questionnaire about your history.



# Push Up

**You will need:** Tape line on floor

1. Place a strip of tape on the floor slightly wider than shoulder width.
2. Lie face down on the floor with your thumbs on the bottom edge of the tape.
3. Women should line up their jaw line with the thumbs, men should line up their eyes with the thumbs.
4. When ready and lying fully on the floor, perform a pushup and lower yourself back to the floor.



If you feel any pain, let us know in the questionnaire about your history.

# Hurdle Step

**You will need:** Broomstick or dowel, tape on door frame

1. Place a strip of tape across the doorway at the height of the bump just below the front of the knee to create a hurdle.
2. Stand with your feet together behind the tape
3. Hold onto the dowel, laying it across your shoulders (not your neck). The dowel should be just behind the door frame as you stand tall with it across your shoulders.
4. Place your toes directly beneath the tape.
5. Step over the tape with one foot and gently touch your heel to the floor in front of the tape.
6. Return to the starting position trying not to touch the tape.
7. Perform three repetitions per leg.

If you feel any pain, let us know in the questionnaire about your history.



# Active Straight Leg Raise

**You will need:** Door frame

1. Lie on your back inside the doorway with your feet pointed away from the arch of the door.
2. Place your hip bone next to the doorjamb, legs pointed straight out in front.
3. With your arms by your side, palms up, and head on the floor, raise the leg closest to the doorjamb, keeping your toes flexed (pulled back towards you) and your leg straight. Keep the other leg straight and on the ground at all times.
4. As soon as your knee starts to bend, and you cannot keep your leg straight, stop and go back down.
5. Perform three controlled repetitions per leg.

If you feel any pain, let us know in the questionnaire about your history.



## Seated Rotation

**You will need:** Broomstick or dowel, door frame

1. Sit upright on the floor, with legs crossed and one foot on either side of the doorjamb.
2. Hold the dowel above your chest in front of your shoulders with your arms crossed holding the stick level with your arm on the opposite side.
3. With your back straight, sitting upright, rotate to each side attempting to touch the dowel to the door frame.
4. Keep the dowel in contact with your collarbone and shoulders at all times.
5. Perform three repetitions per side.

If you feel any pain, let us know in the questionnaire about your history.



## 10 Second Tuck-Jump (or as close to tuck jump as possible) **(more challenging)**

**You will need:** Timer

1. Set a timer for 10 seconds.
2. Start the timer and perform as many tuck jumps (bring knees up toward your chest) as possible in the allotted time.

If you feel any pain, let us know in the questionnaire about your history.

**OR**

## Step off box to stick landing **(less challenging)**

**You will need:** Box or step

1. Stand on top of a box or step approximately 12" tall, facing the camera.
2. Step off the box with one foot
3. Land with both feet on the floor
4. Step back up to the box and repeat with the other leg
5. Repeat each leg one more time (4 steps total off the box)

If you feel any pain, let us know in the questionnaire about your history.

Once you have completed your exercises, you can send them to us by:

- Emailing [WattsPerformanceSystems@gmail.com](mailto:WattsPerformanceSystems@gmail.com) as video file of your choice
- Use Google Drive to upload your videos to your gmail account and send to Drew as a file
- Send videos through iMessage to [drewwatts1@gmail.com](mailto:drewwatts1@gmail.com)

After you have those sent to us, be sure to [fill out your injury questionnaire](#) and then Drew will get them back to you within a week.

As soon as you do this, we will send you your week 0 exercises to get working on.