

A person is running on a dirt path, captured in a low-angle shot that emphasizes their forward motion. The runner is wearing a dark top and light-colored shorts. In the background, a large, leafy tree stands against a bright, slightly hazy sky. The overall tone is energetic and natural.

RUNNING STRENGTH

Stability and strength to empower your running

"A simple yet effective
plan to get the basics
right and then progress
from there."

—

LEO NEENAN

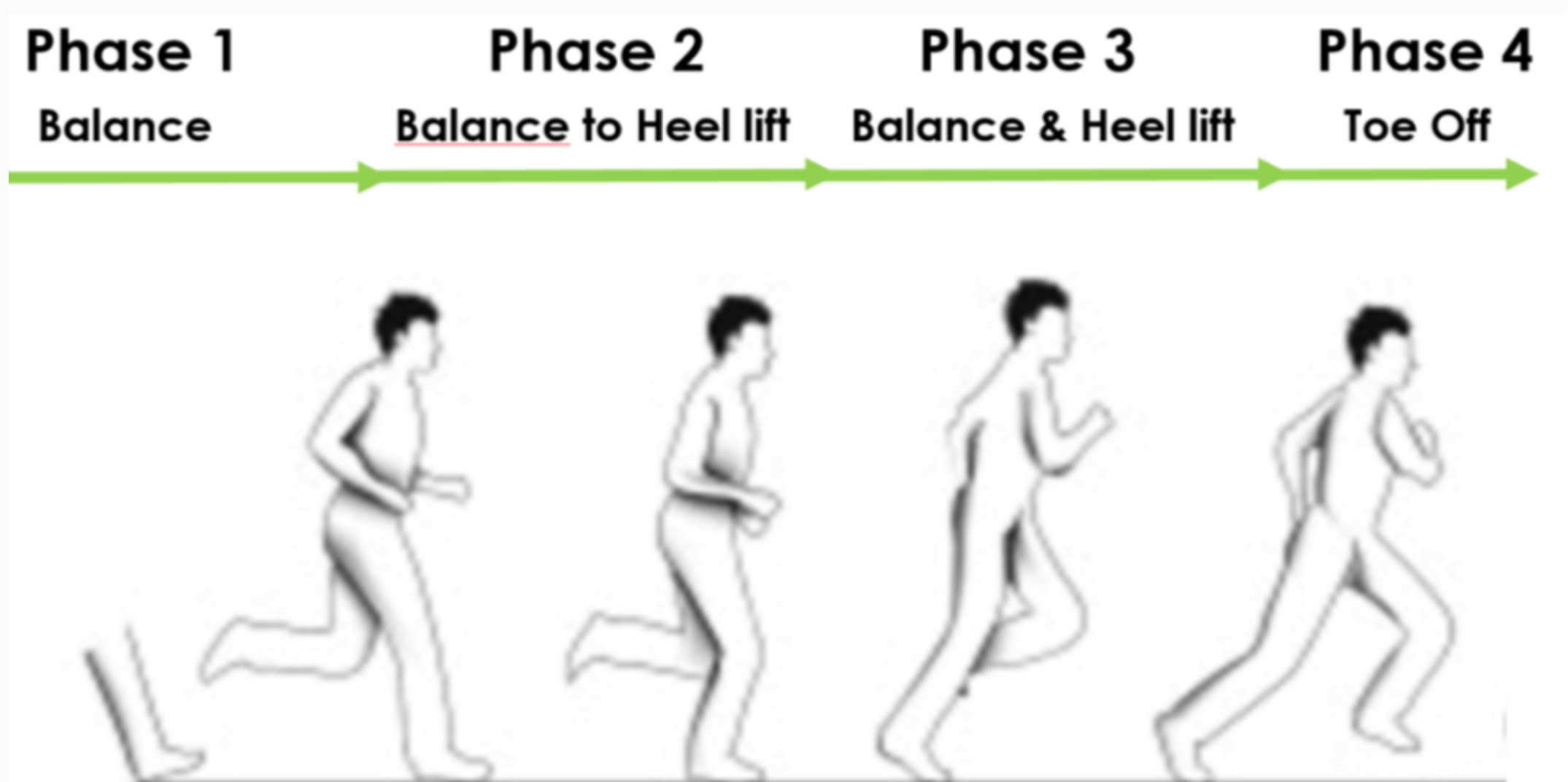
What strength do we need for running ?

The toughest elements of running are the ground contact phases from impact through push off.

Its all single leg work beginning with landing.

To ensure we don't lose too much momentum on landing, we need to be able to find our balance quickly, before we move smoothly through the rest of the stance phases

I've identified 4 stance phases we need to strengthen beginning with Balance



Press Play



For Video

Phase 1

Balance.

Regardless of your type of foot strike, heel, midfoot or forefoot, the ability and strength to attain and then maintain balance and alignment from the foot to the core provides a great platform to develop running power.



Key Elements of Balance

1. Keep the knee pointing forwards over the middle toes
2. Keep your spine straight and chest pointing forward
3. keep your weight distributed evenly across your foot

Press Play

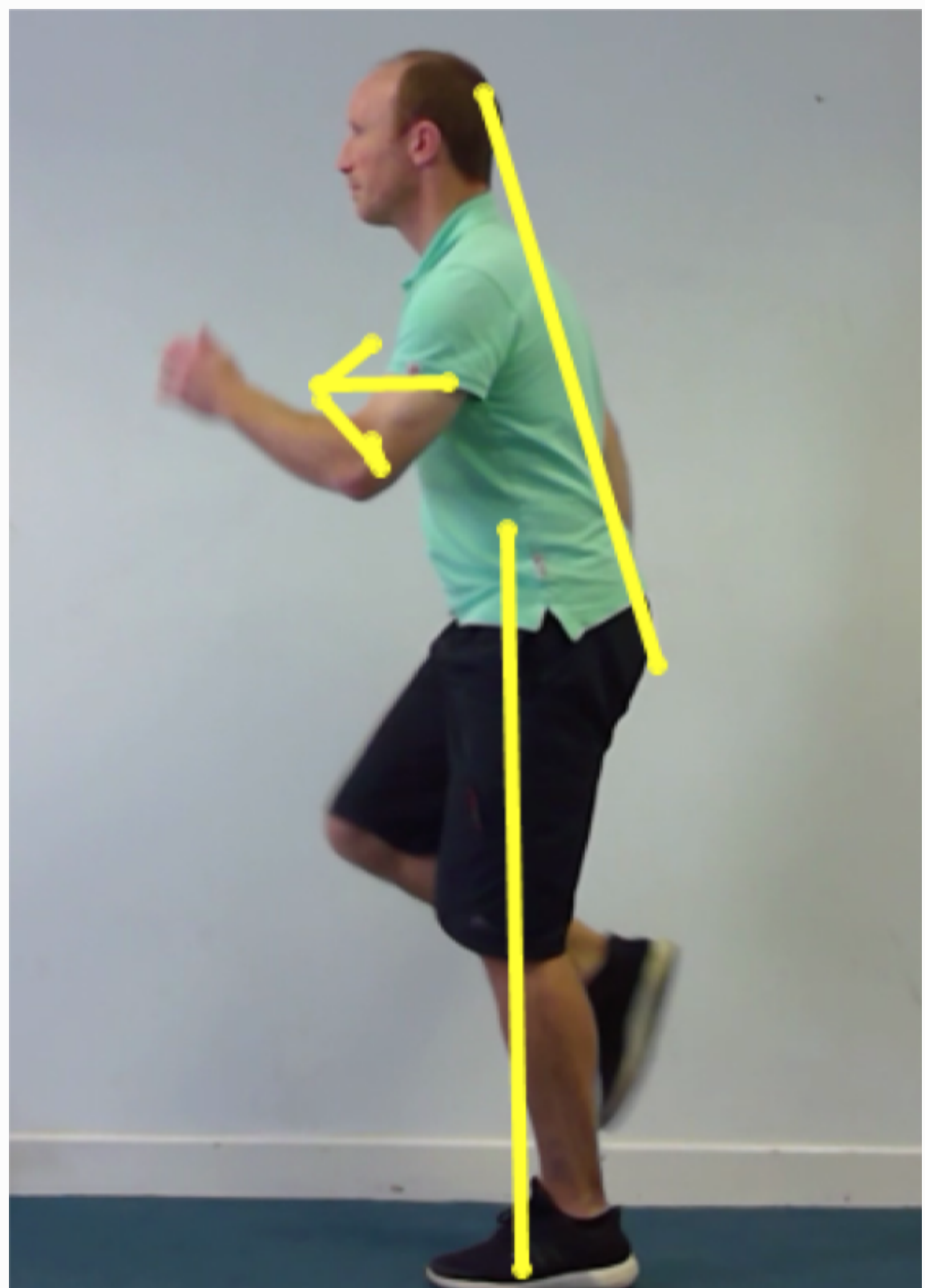


For Video

Phase 2

Balance to Heel Off.

Once we have controlled balance we then need to move our weight forward so that we can move towards the push off phases.



Key Elements of Balance to Heel Lift

1. Keep the knee pointing forward and don't allow the arch of your foot to collapse inwards
2. Move the swing leg forward ahead of the stance leg
3. Move your weight towards the front of your foot

Press Play

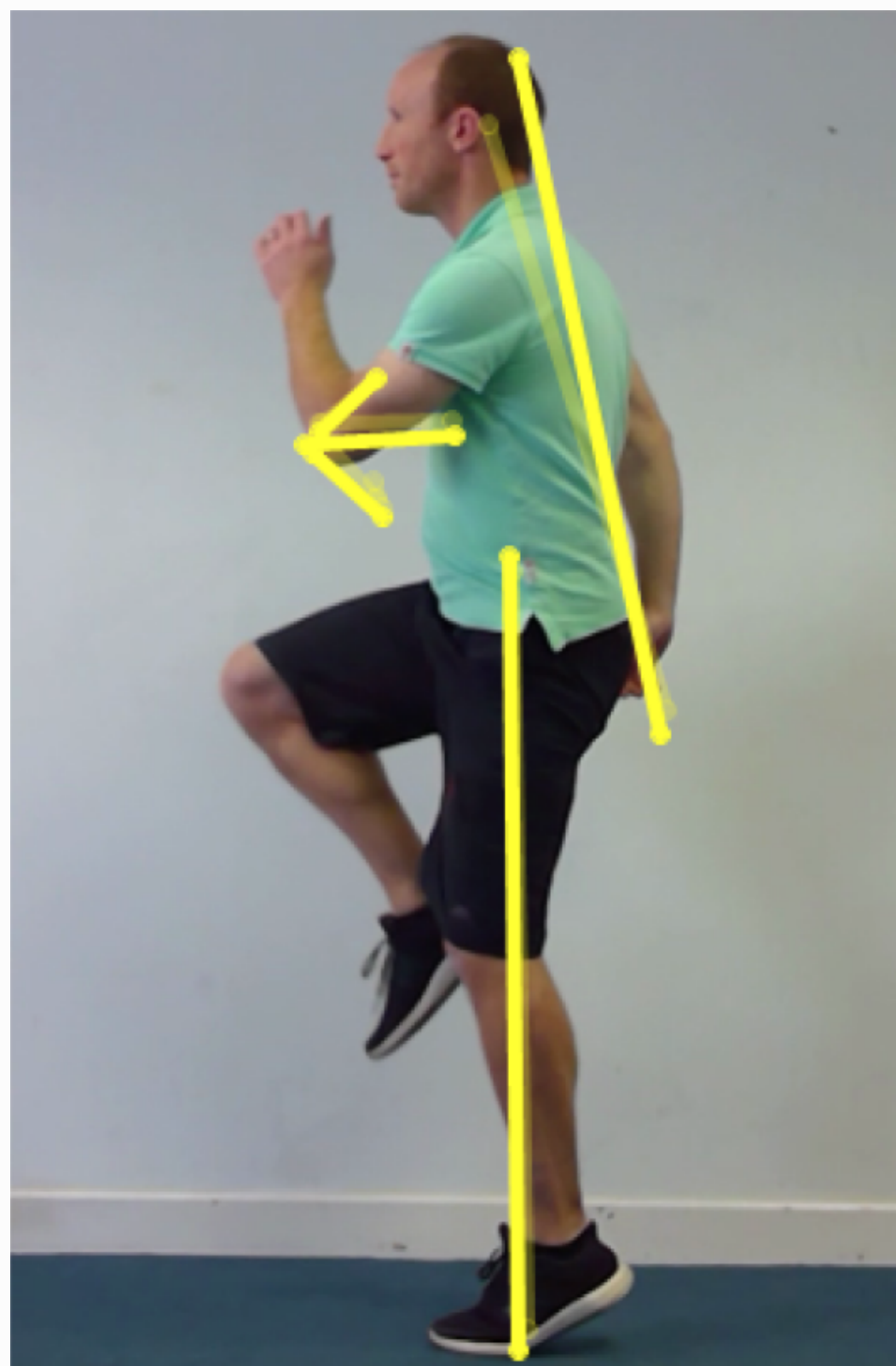


For Video

Phase 3

Heel Lift to Toe Off.

Once we have brought our weight forwards we need to get up onto the toes smoothly.



Key Elements of Heel Lift

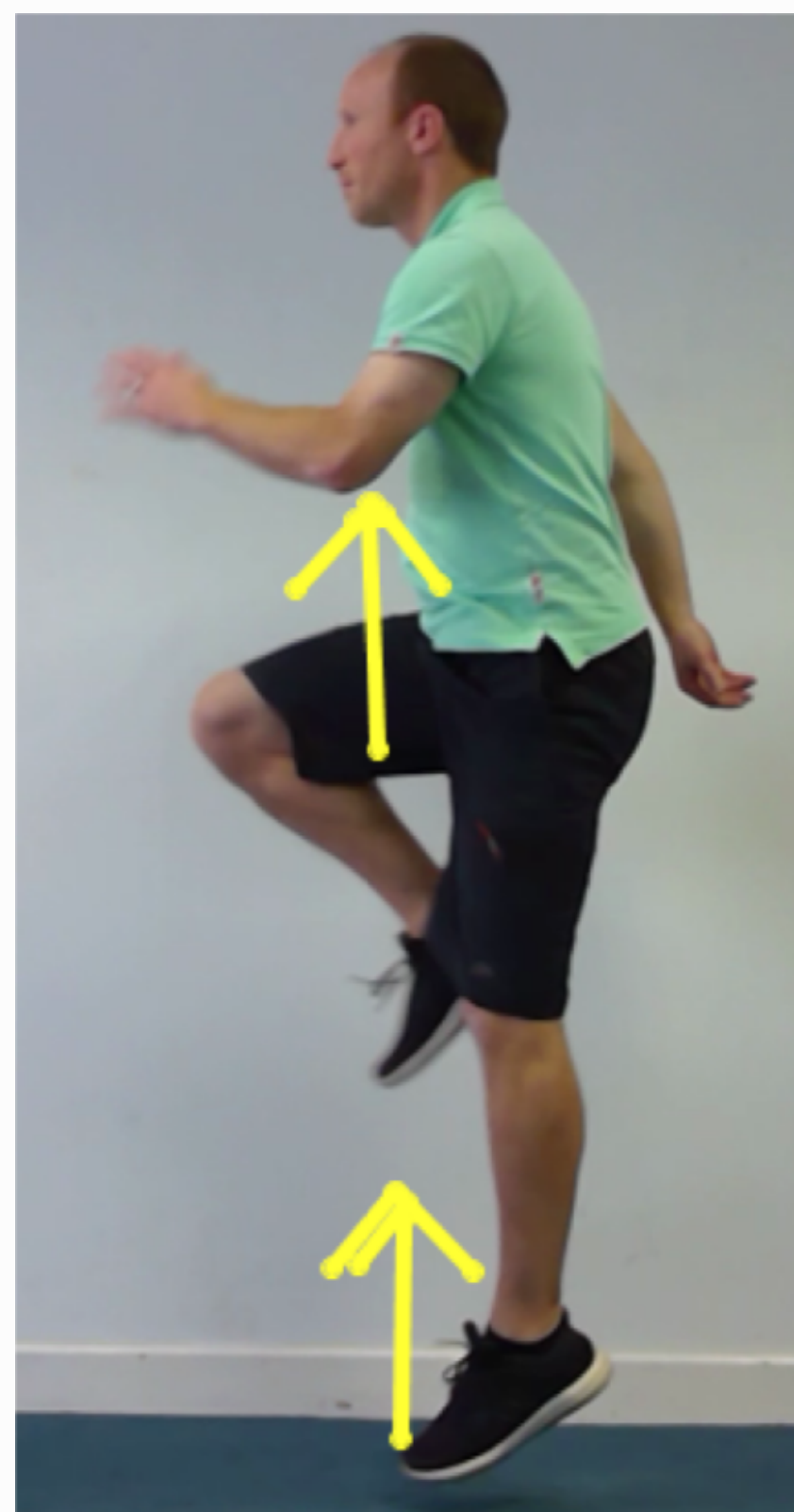
1. The stance knee will straighten to help get the weight onto the toes
2. Swing your arms to help lift weight onto toes
3. Keep the Big toe in contact with the ground

Press Play  For Video

Phase 4

Toe Off to Balance .

This phase is the most dynamic of phases and is not a balance exercise. You will need to move through each of the first 3 phases before you get your weight through Toe Off



Key Elements of Toe Off

1. Move through the 1st 3 phases smoothly
2. Use your arms to help maintain balance
3. When landing try to find balance and stability as quickly as possible

Press Play

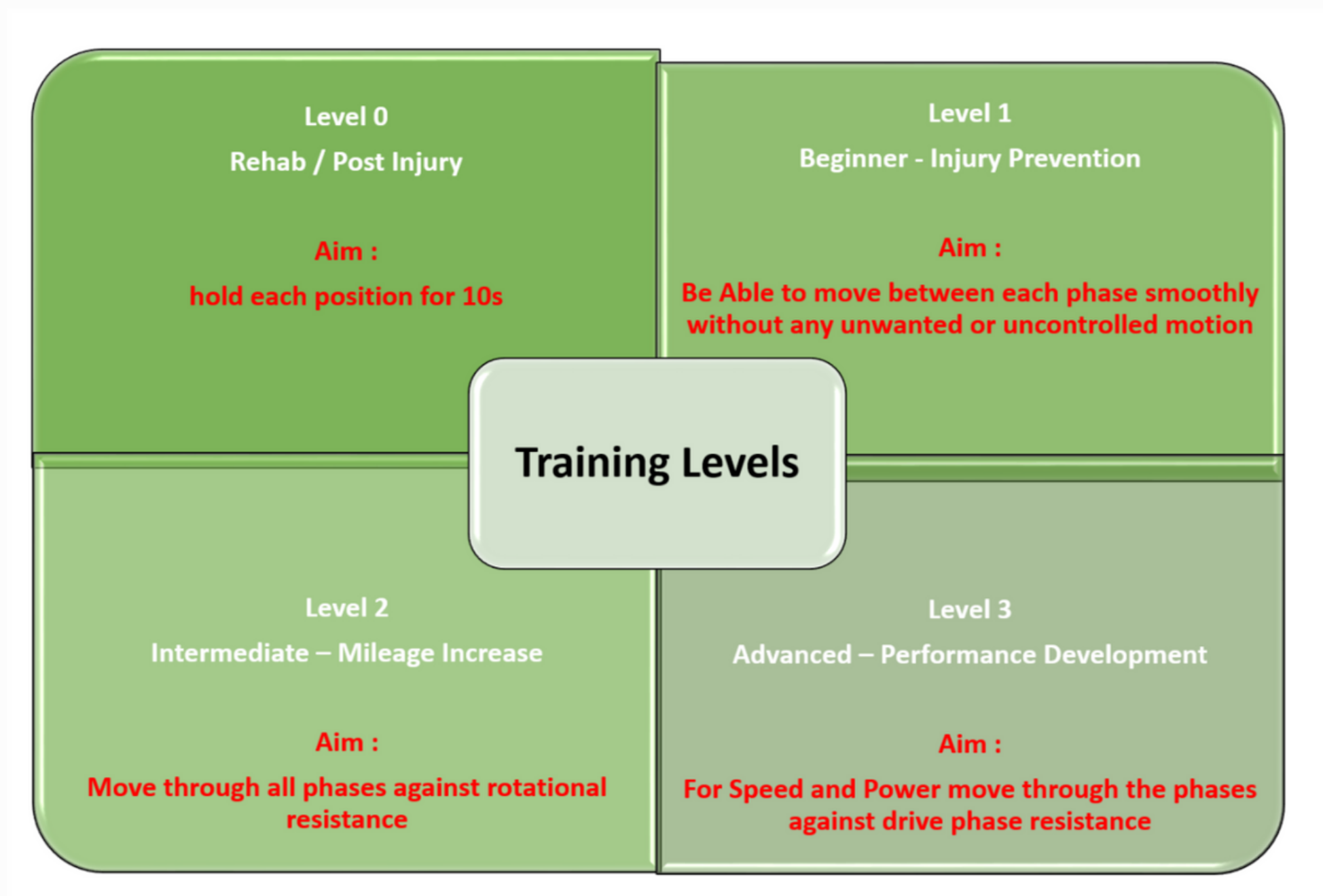


For Video

Training Levels

Rehab to Performance

To ensure that we can continue to develop the necessary strength once your training volume and intensity increases, we have developed 4 separate training levels as shown



Training Levels

0. If your are recovering from an injury our initial goal is to maintain each of the first three phases for 10s
1. A beginner or regular fitness runner should be able to move seamlessly through the phases without losing balance or control.
Aim to do 2 x 5 reps on each leg as part of your warm up
2. To increase your weekly mileage you should aim to develop enhanced glute core strength in your running.
To achieve this we will use the Runners Pallof Press 3 x 5 reps each leg
3. To develop your performance levels working through the strength phases against resistance on the swing leg will enhance your power.
Aim to do the 3 x 10 reps on each leg of the Resisted Hip Drive exercise in your strength sessions

Training Videos

Levels 1 - 3

Level 1



Press Play For
Running Strength Phases
1 - 4

Level 2



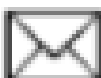
Press Play For
Runners Pallof Press

Level 3



Press Play For
Resisted Hip Drive



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What We Do

The clinic is split in two areas.

Therapy. This can be for any injury, disorder or event which requires hands on / manual therapy or sports therapy. The goal is to get you moving pain free before we can develop specific exercise therapy to prevent reoccurrence of the pain.

Sports biomechanics. This is the use of technology and conditioning to improve sports performance be it biking, skiing, golf, GAA, football or rugby. The clinic uses state of the art data capture and IT to measure and then show improvement in performance.

