

LOVE TRI

SwimWerkx

race team

Body Weight Elite Run Workout [do all as two rounds of set reps or do one, and repeat whole session]

Bulgarian Split Squat [without weights to progression with weights]



Working quads and glutes helps stability in legs, key for endurance running. Begin with back foot on bench or step, with other foot in front of you. Sink until your back knee touches the ground. [When using weights never use more than 60% of maximum one rep weight for this movement, ideally far less]

12 reps each side

TIP Keep back straight

Leg Hip Thrust [a, b and c]



Place arms across bench or hard chair, foot placement parallel with shoulders, knees bent, then push up with one leg off the ground until back is parallel to the floor then lower back to starting position. Progression is elevated leg, ensuring that support knee to shoulder creates straight line, then onto destabilising ball

12 reps each side

TIP Keep a neutral neck



Leg Hip Thrust [Advanced]



The addition of a small medicine ball introduces instability to the movement, meaning all core and glutes are engaged. Do with care when you can manage the first two progressions



Side Lying hip raise



Lie on your side with knees bent and support upper body on elbow. Push through bottom knee to raise body whilst lifting top knee as high as possible, lower back to starting position, keep tension, touch and return, forces engagement of upper glute muscles

10 each side

TIP don't bounce off the floor when you return hip to ground, control!

Frog Pump



Done as medium to fast pace, ignore the others, they're not looking and thinking its creepy or weird...maybe. Lie on floor on back, knees wide feet together. Arms bent and triceps touching floor thrust up into a bridge, lower and repeat. As a progression add



a TheraBand and apply tension.

30 Pulses

TIP Clench buttocks at top before lowering to floor

Hip Adduction



This lateral move ensures you're working the whole muscle and range of movement and stability strength. Lie on the floor, as



per the photo. **For a progression do this on a bench**, propping up on one elbow. Allow legs to be unsupported, with lower leg touching bench at mid to high thigh, bend lower leg, keep upper one straight. Flex foot and bend toes in to face you. Raise upper leg high and straight. Progression is to add a Theraband and do to resistance

20 each side

TIP Ensure you don't twist your lower half, or 'lay it backwards' keep your hip pointing up

Theraband Drills

Use the following, anchoring a theraband to a door handle, vertical post, [sign, sturdy furniture, gym equipment, turbo]. Ensure the theraband is a light resistance one, if it gets too easy move to a medium Anchor or tie the theraband to the vertical support. For all of these, the progression is to close your eyes!

Triple Progression

- 1) Start standing next to the anchor point, place the theraband around the OUTSIDE leg, ensuring the other leg is behind the theraband and free. Step away from the anchor point until a good resistance is



felt. Keep support leg straight, not bowing in. Raise the outside leg quickly to waist height, use arm running motion at same time, hold knee in position for two seconds before returning to ground slowly for a brief touch before repeating.



Do 10, then repeat another 10 making the raise slow, and the return to ground quick. Change legs.

- 2) Lower the theraband to your ankle | shin. Turn to put your back to the anchor point. Keeping the leg in the theraband straight lift it forward for a count of three, then release it back down for a brief touch 15-20 reps and then change legs.



Keeping the leg in the theraband straight lift it forward for a count of three, then release it back down for a brief touch 15-20 reps and then change legs.



- 3) Turn sideways again, placing INSIDE leg into the theraband around the ankle | Shin Take the other leg and place slightly behind you. Keep your inside leg straight and move it slightly forward, swing | pull across body for a slow count of two, then take back to start point, 10 -20 reps and then change legs.



Keep your inside leg straight and move it slightly forward, swing | pull across body for a slow count of two, then take back to start point, 10 -20 reps and then change legs.



TIP Keep spine straight, look ahead, and controlled movements using the glute complex, behind and side

Around the World

Stand on the theraband, wrapping it around the sole and upper of your foot. Loop other end around your other foot at shin | ankle height. Balance equally on forefoot and heel and simply raise the other leg forward, hold for 2 seconds, return to centre, [standing to attention position], raise leg out to side, return to centre, raise leg behind, each 3 way move is ONE repetition, repeat whole routine 10 times



TIP Engage your core and standing leg glutes, close your eyes to make it more challenging once you've mastered it with your eyes open

Photos courtesy of original trainers,
content Lovetri Swimwerkx own