

# The Run RCT

## Hip & Core program

### Warm-up 1

Jogging (Figure-of-Eight) x 10–15 meters back and forth  
High Knees x 10–15m / jogging back  
Buttock Kicks x 10–15m / jogging back  
Side Shuffle x 10–15m / jogging

OR

### Warm-up 2

Jogging (Figure-of-Eight) x 10–15 meters back and forth  
Skipping x 10–15m/jogging back  
Straight Leg Bounds x 10–15m/jogging back  
Carioca x 10–15m/jogging back

## 1. Front plank

One exercise:

A, B, C or D

### 1A. Leg extensions from Bear crawl 2–3 x 8–16 repetitions



### 1B. T-rotation 2–3 x 8–16 repetitions



### 1C. Static front plank 2–3 x 20–40 seconds



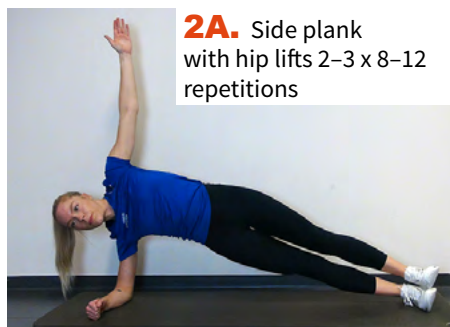
### 1D. Front plank with leg lifts 2–3 x 20–40 seconds



## 2. Side plank

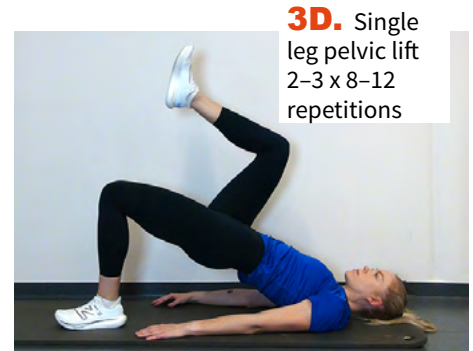
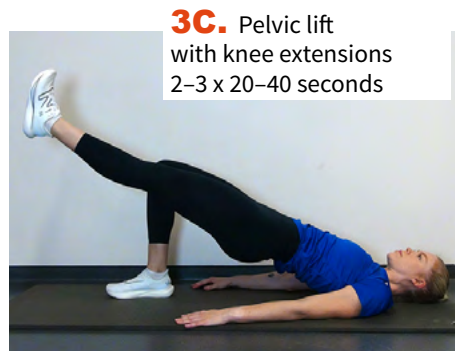
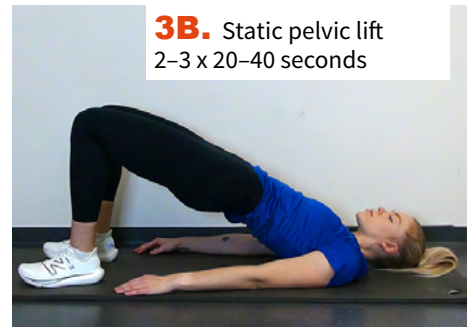
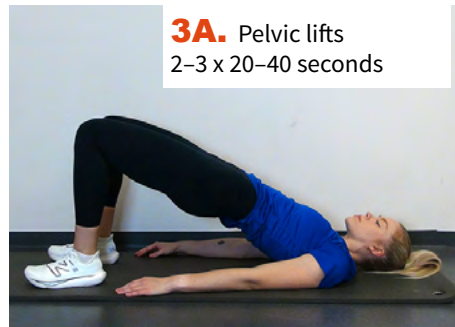
One exercise:

A, B, C or D



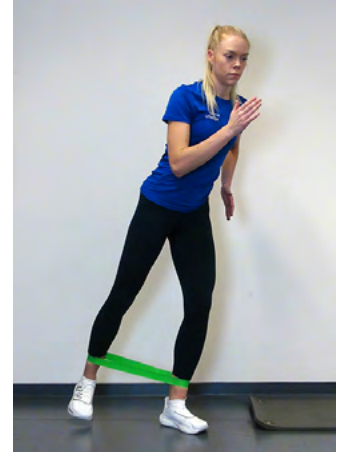
### 3. Pelvic lift

One exercise:  
A, B, C or D



### 4. Hip abductor strength

One exercise:  
A, B, C or D



4A. Miniband squat  
2-3 x 10-15

4B. Miniband walk  
sideways (bent knees)  
2-3 x 20-30

4C. Miniband walk forward  
and backward (bent knees)  
2-3 x 20-30

4D. Miniband walk  
sideways (straight knees)  
2-3 x 20-30

## 5. Hip flexor strength

One exercise:  
A, B, C or D

**5A.** Straight leg raise  
2-3 x 8-12



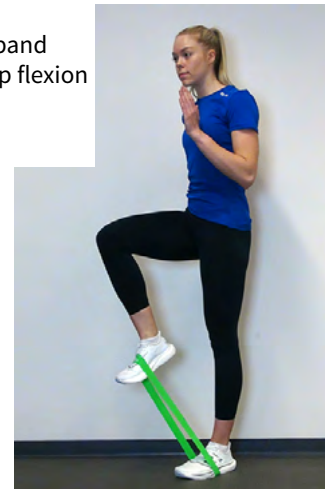
**5B.** Miniband dynamic hip flexion (supine) 2-3 x 8-12



**5C.** Miniband static hip flexion (supine) 2-3 x 8-12



**5D.** Miniband dynamic hip flexion (standing) 2-3 x 8-12



## 6. Lunges

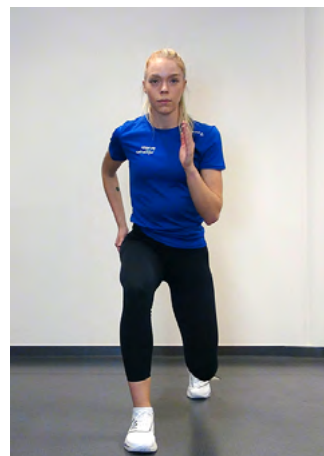
One exercise:  
A, B, C or D



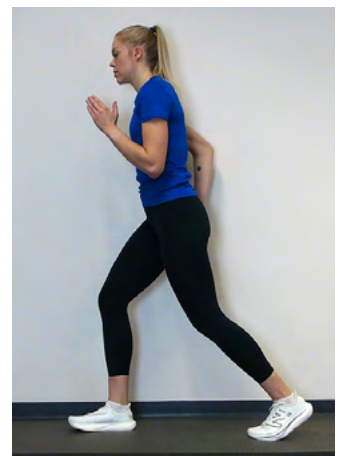
**6A.** Split squat  
2-3 x 8-12



**6B.** Lunges in one spot  
2-3 x 8-12



**6C.** Walking lunges  
2 x 4-10 back and forth



**6D.** Jumping lunges  
2-3 x 6-12

## 7. Hamstring strength

One exercise:  
A, B, C or D

**7A.** Deadlift with resistance band  
2-3 x 12-15



**7B.** Hamstring curls with a towel  
2-3 x 8-12



**7C.** Nordic hamstrings with a partner  
1-3 x 4-10

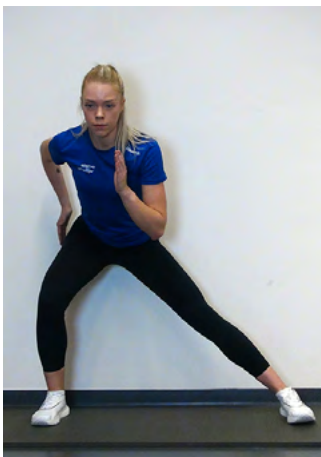


**7D.** Single leg curls with a towel  
1-3 x 4-10



## 8. Side lunges

One exercise:  
A, B, C or D



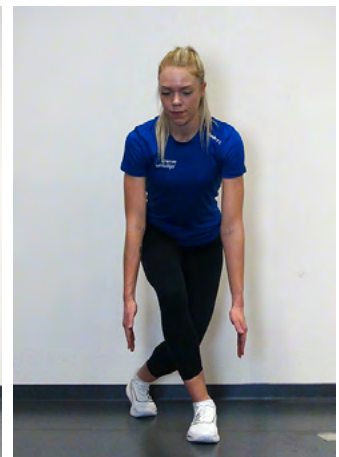
**8A.** Alternate side lunges  
2-3 x 6-10



**8B.** 3D lunges 2-3 x 2-4  
each direction



**8C.** Side lunges with arm circles  
2-3 x 6-10



**8D.** Side lunge with cross step  
2-3 x 6-10