



Top 5 Hip Strength Exercises for Runners

1. Donkey kicks – 15 to 20 repetitions each leg
2. Clamshell exercise with band– 15 to 20 repetitions each leg
3. Single leg glute bridge– 15 to 20 repetitions each leg
4. Quadruped hip extension with knee extension– 15 to 20 repetitions each leg
5. Sidestep – 10 steps each direction

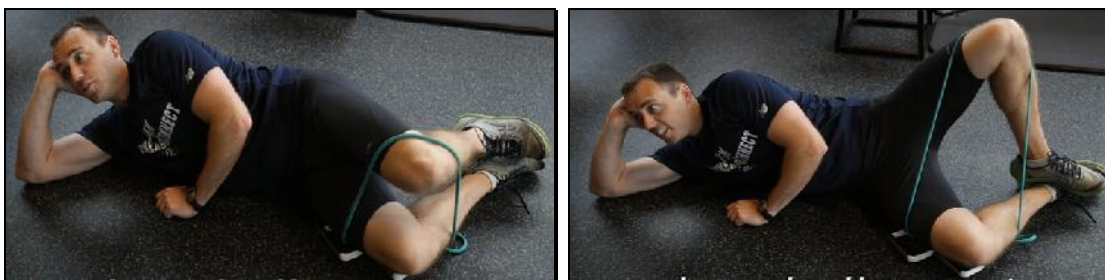
Workout Descriptions

Donkey kicks



Begin by balancing on all fours. Slowly kick one your legs back, focusing on your glutes to perform the movement. Try not to swing or use momentum to bring the leg up. Your leg should pause for 2 seconds just after it is parallel with your lower back, and then slowly lower it back to the starting position.

Clamshell exercise with band



Lie on your side with your legs bent (almost as if in a V position). Wrap a theraband around your knees. While keeping your feet together, raise your outside knee until it's almost perpendicular to your body. Pause for 1 second, lower back down.



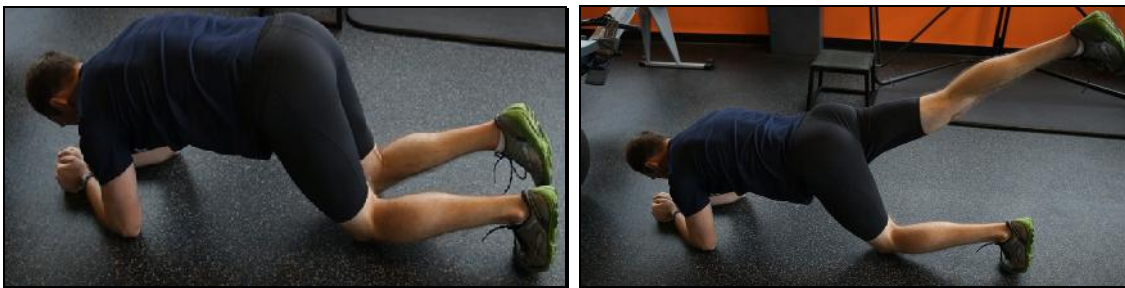


1-legged glute bridge



Lie flat on your back with one leg bent, foot flat on the ground, and the other leg flat on the ground. Slowly lift your pelvis off the ground by contracting your glutes and core while keeping your shoulder blades flat on the ground.

Quadruped hip extension with knee extension



Begin by balancing on your knees and elbows. Slowly kick one your legs back, keeping it straight (rather than bent, like the donkey kick), focusing on your glutes to perform the movement. Try not to swing or use momentum to bring the leg up. Your leg should pause for 2 seconds just after it is parallel with your lower back, and then slowly lower it back to the starting position.

Sidestep





Wrap a theraband around your knees while standing with your feet shoulder width apart. Step to the about 2-3 feet. Walk to one side for 10 steps then walk to the other side for ten steps.

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