FIT RUNNER

Glutes

30-DAY CHALLENGE

GUIDEBOOK

AMANDAKJONES.COM

HI I'M AMANDA K. JONES.
RRCA CERTIFIED RUNNING COACH & BEACHBODY COACH PRO

I work with newbie-ish runners who are so-so excited to cross the finish line of their first big race. I empower them with the tools, training, and mindset to not only run smarter--but also stronger, leaner, faster, and injury free!

WHY SHOULD RUNNERS CARE ABOUT THEIR GLUTES?

>> the glutes are the most important locomotive muscles used for running.

>> the glutes are the largest muscle in the body and are responsible for not only accelerating and decelerating your legs but also for creating a chain reaction throughout your entire body as you run.

>> studies link glute weakness to Achilles tendinitis, shin splints, runner's knee, IT band syndrome, and more.

DID YOU KNOW . . . ?

>> glutes aren't as active as other running muscles during routine daily activities which can make your hamstrings, quadricpes, and calves disproportionately stronger.

>> most strength training routines don't isolate the glutes. If an exercise requires several muscles to perform the movement, the majority of the work will be done by the strongest of those muscles.

>> tight muscles, specifically the hip flexors, can inhibit the glutes and prevent their muscle fibers from firing.

>> even professional football players and world-class sprinters fail simple tests of glute function.

>> because we sit on our butt all day long it sometimes forgets what it's supposed to do when we go for a run.

>> if you go directly from your desk to the road or the treadmill your glutes may have trouble engaging. this dormant-to-active transition can result in more stress on your quads, hamstrings and lower leg muscles which aren't cut out to do all of the heavy lifting.

HOW TO TEST YOUR GLUTE STRENGTH

Stand with your hands over your head, palms together. Lift your right foot off the ground and balance. Watch the left side of your hips to see if it dips down. If it does, it's a sign of glute weakness. Try it on the other side, too. Next, do this: While in the same position, lean to the right of your body, checking to see if your left side dips. Move your hands to the left of your body and see if your right side dips. If your hips dip, it's a sign that your glutes need work. Try this test also after a long or hard run to see how your glutes perform when fatigued.

5 TIPS TO GET YOUR RUNNING BUTT IN GEAR

Before you go for a run, do some lateral dynamic warm-ups like carioca, side shuffles, leg swings, or monster walks with a band around your ankles to get your glutes firing.

Carioca

https://www.youtube.com/watch?v=w4KBi5PZrGY

Side Shuffle

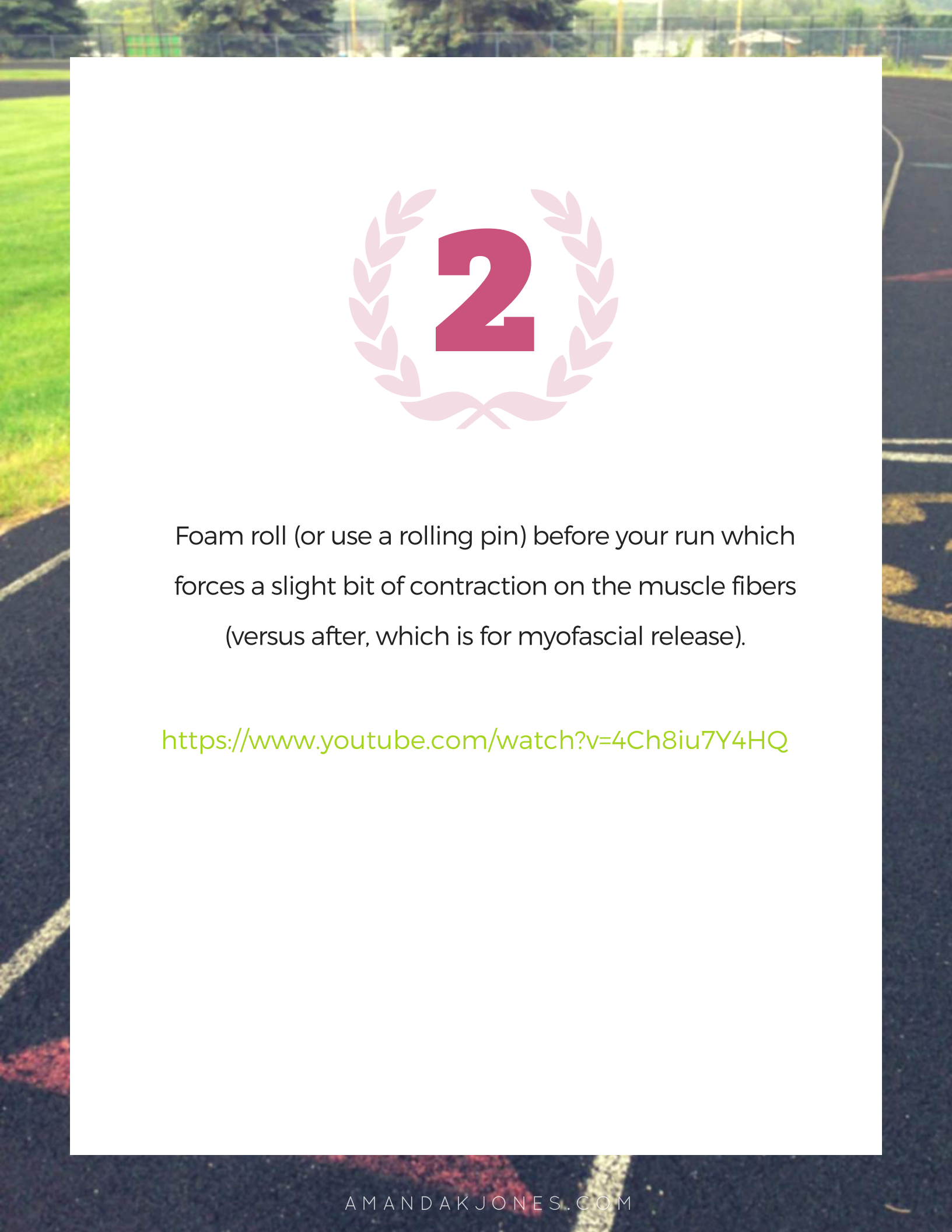
https://www.youtube.com/watch?v=I9x3sHxpoBE

Leg Swings

https://www.youtube.com/watch?v=OB0GjxpPGS0

Monster Walk

https://www.youtube.com/watch?v=xEuq4GdGYWc



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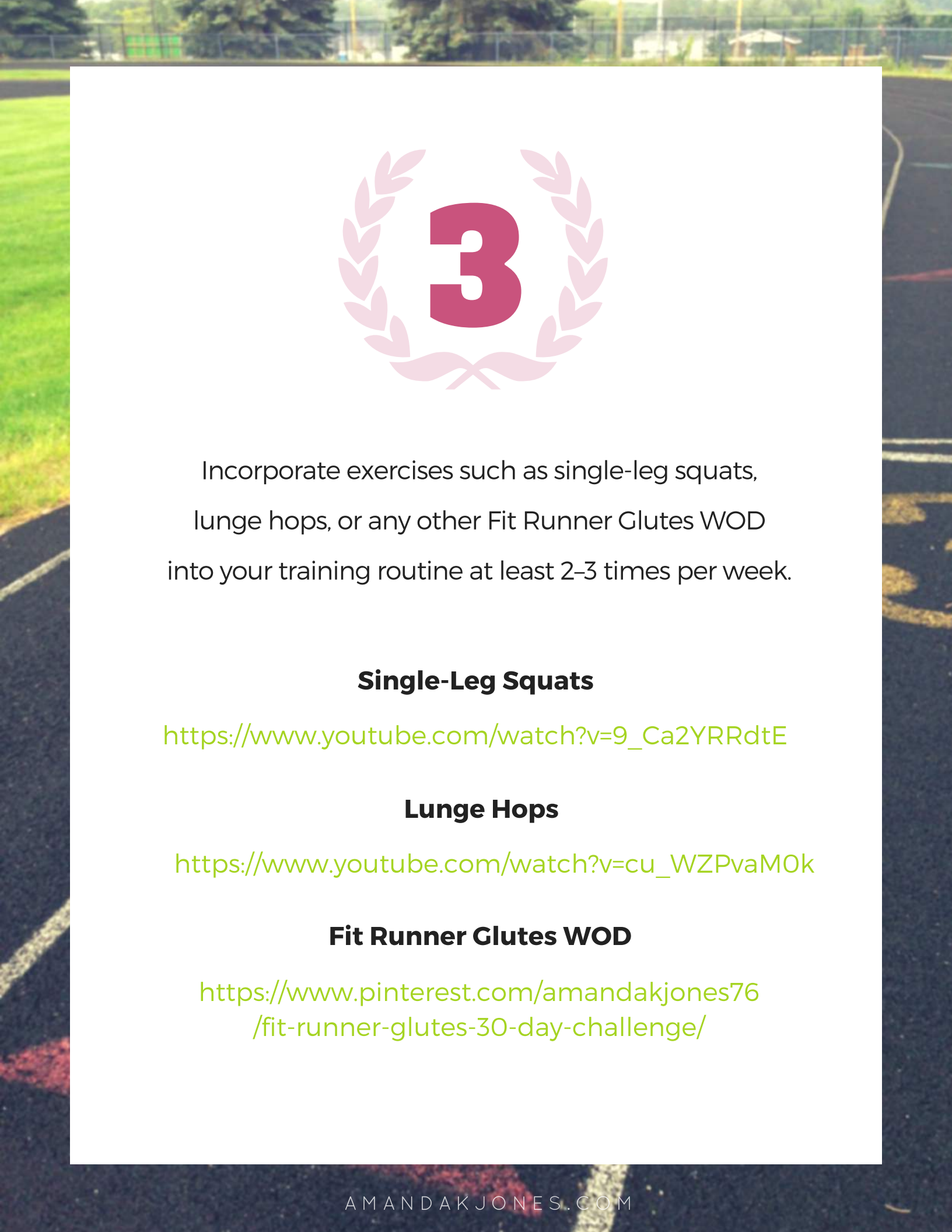
Foam roll (or use a rolling pin) before your run which forces a slight bit of contraction on the muscle fibers (versus after, which is for myofascial release).

https://www.youtube.com/watch?v=4Ch8iu7Y4HQ



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Incorporate exercises such as single-leg squats, lunge hops, or any other Fit Runner Glutes WOD into your training routine at least 2–3 times per week.

Single-Leg Squats

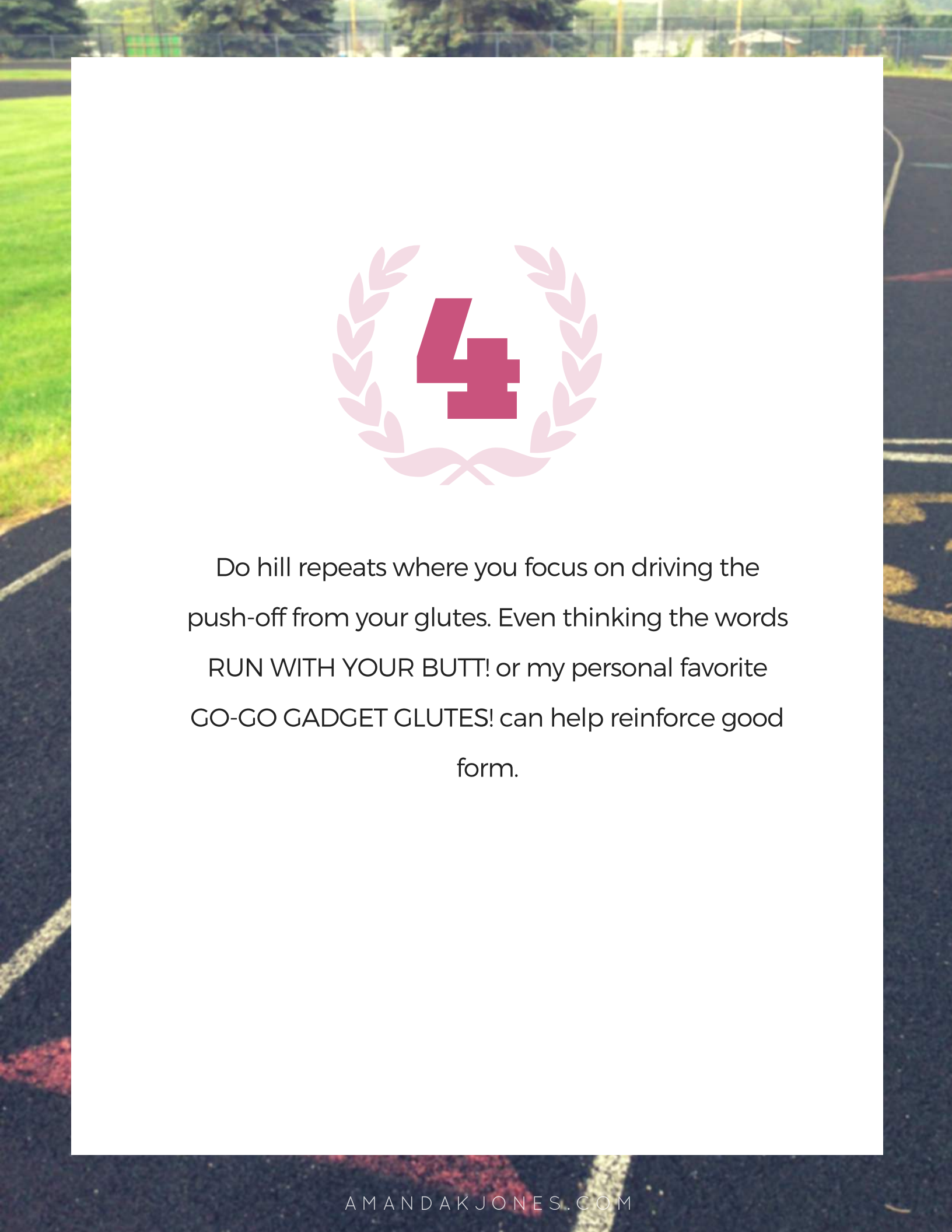
https://www.youtube.com/watch?v=9_Ca2YRRdtE

Lunge Hops

https://www.youtube.com/watch?v=cu_WZPvaM0k

Fit Runner Glutes WOD

https://www.pinterest.com/amandakjones76/fit-runner-glutes-30-day-challenge/



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Do hill repeats where you focus on driving the push-off from your glutes. Even thinking the words RUN WITH YOUR BUTT! or my personal favorite GO-GO GADGET GLUTES! can help reinforce good form.

5

When you start to fatigue during a run or race, do a couple minutes of shorter strides at a time, and slightly lean forward from your chest to ensure your legs are landing underneath your hips. If the change in focus doesn't help, stop and do a few hip mobility exercises (i.e. walking lunges, leg swings, lateral squats) to increase range of motion.

Walking Lunges

https://www.youtube.com/watch?v=7mDWDlzFobQ

Leg Swings

https://www.youtube.com/watch?v=OB0GjxpPGS0

Lateral Squats

https://www.youtube.com/watch?v=NeY8QKoErl4

WORKOUT OF THE DAY EXERCISES & DEMOS

https://www.pinterest.com/amandakjones76/fit-runner-glutes-30-day-challenge/

****IMPORTANT: Be sure to watch the YouTube Playlist below for video demonstrations of the exercises before you begin!****

https://www.youtube.com/playlist?list=PLQ-ZFosywN7t79om-9vAZc3RNEcAds0AV

And don't forget that the key to preventing injuries is to be smart, listen to your body, stop if you feel discomfort and talk to your doctor if you have any unique medical conditions. As I always say...do your best and forget the rest!

squats

REMEMBER: As long as you work the BOO-TAY you won't hurt you knees!

PHOTO CREDIT: TONY HORTON FITNESS

It's VERY important that you do your squats with proper form. Like Tony Horton says in the demo video it's all about BUTT PLACEMENT so stay focused on that! This is going to sound REALLY strange but whenever I do squats I picture myself using a public restroom and not wanting to touch the seat! Sorry gents but the ladies will totally get what I mean! lol

Begin from a standing position, feet shoulder or hip-width apart. Move your hips backward as you lower your torso until your thighs are roughly parallel to the ground. KEEP YOUR HEELS ON THE GROUND and don't lean forward too much. Reverse the motion to return to your starting position.

During this challenge we are going to progress through FIVE different levels of squats...each variation is demonstrated in the video.

LEVEL 1

Standard Squats x 30 reps

LEVEL 2

Standard Squats + Calf Raises x 30 reps

LEVEL 3

Plie Squats x 45 reps

LEVEL 4

Plie Squats + Calf Raises x 45 reps

LEVEL 5

Standard or Plie Squats + Plyo Jump x 60 reps

side-lying leg lifts

PHOTO CREDIT: RUNNERS WORLD

Lie on your side with your legs extended out straight. Your lower arm can rest under your head; your top arm can rest on your hip. Lift the top leg up while keeping your hips steady and facing forward (do not rotate backward). Lower down and repeat. For an added challenge, wear an ankle weight. Repeat for the required number of reps.

hip thrusts

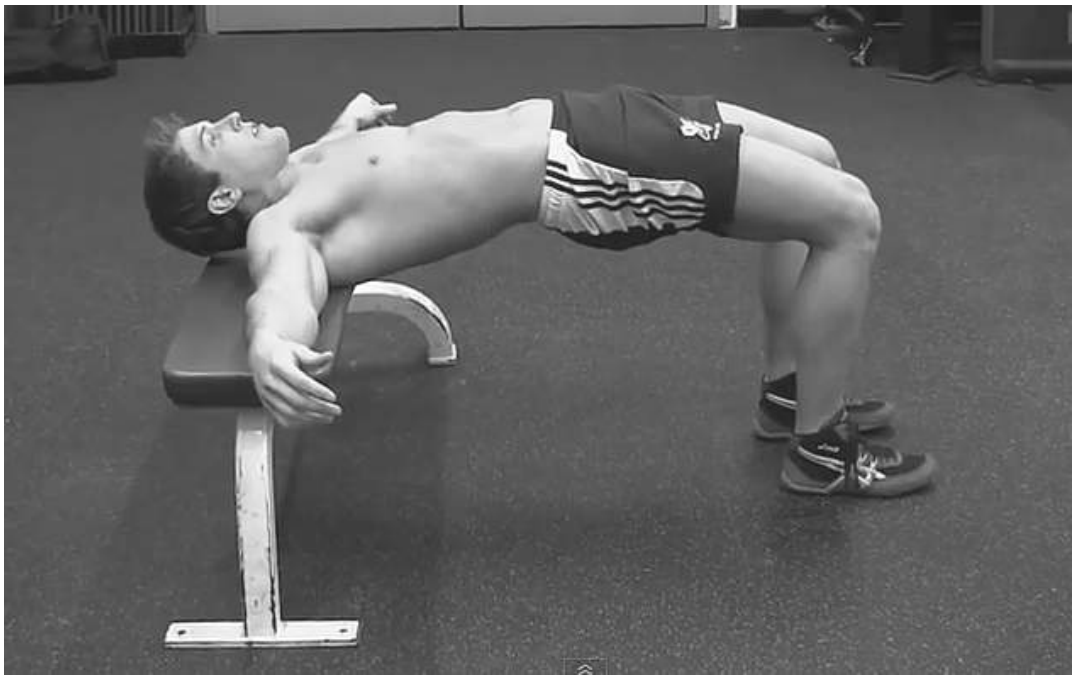

PHOTO CREDIT: SCOTT HERMAN FITNESS

The first rule of hip thrusting: never make direct eye contact while hip thrusting or when someone else is hip thrusting...things can get awkward rather quickly!

If you don't have a padded bench at home I recommend using a couch for this exercise. The video is really your best bet for the best description of a hip thrust ! Simply repeat for the required number of reps. To intensify: hold a weight across your hips.

reverse lunge twist

PHOTO CREDIT: AUTUMN FITNESS

Stand with your feet shoulder-width distance apart. Grab a light weight or medicine ball between both hands, your arms outstretched in front. Keep your core stable and weight on your heels. Take a large step back with your right foot, planting your foot and then lowering your body until both legs are bent in right angles. As you sink into the lunge, twist your torso to left and over your left leg. Bring your torso back to center, and exhale as you extend your legs. Bring your feet back together, and then repeat with your left leg, this time twisting to the right. To increase the intensity increase the weight. Continue for the required length of time then rest for the same amount of time and repeat according to the number of sets.

single-leg dead lift

PHOTO CREDIT: RUNNERS WORLD

Stand on one leg with the other leg behind you and in the air. Keeping your shoulders back and your back straight, hinge forward and reach your hands toward the ground. Return back up and repeat for the required number of reps on each leg. Hold weights or a medicine ball for an added challenge.

groucho walk

PHOTO CREDIT: ALL HISNHERS FITNESS

In a low squat position, walk forward 4 steps, then backwards 4 steps. To intensify get a little deeper with arms in the air (cigar optional) and/or take bigger steps. Continue for the required amount of time.

lunge stretch

PHOTO CREDIT: RUNNERS WORLD

Tight hip flexors can inhibit the firing of glute muscles. Do this stretch after every run. Step forward and lower your back knee. Keep your knee over your ankle. Hold for 30 seconds on each side.

Please come join us for extra tips, fun, support, accountability and prizes in the FIT RUNNER CLUB: ***Home of the FREE 30-Day Fit Runner Challenge*** where you can GET FIT to RUN BETTER!

FIT runner CLUB

>> FITRUNNERCLUB.COM