



With COVID-19 taking over your daily life, it is likely that your running habits and routines may be impacted as well. When our routines and training change, we could be potentially increasing our risk of injury as well. Luckily, you aren't alone and we are here to help!

1. You can always reach out to your friends at Woodbridge Running Co. (woodrunco@yahoo.com) for a new pair of sneakers, which is the number one way to reduce injury.
2. Feel free to also reach out to us via Facebook and email with any running related questions, we are here to help!
3. In the meantime, try incorporating one of these injury prevention routines into your daily workout to help keep your muscles strong, healthy, and ready to move!

There are two routines below. You should perform one of the routines each day (alternating between A and B every other day). Ideally, exercises should be done as a team at the conclusion of practice. However, they can be done after dynamic stretching at the start of practice.

Do not rush through any of the exercises, take your time.

These exercises should feel like a stretch, do not continue any exercises that cause pain.

Contact Us:

Woodbridge Running Company
7 Landin St. Woodbridge CT 06525 USA

phone: 203-387-8704
woodrunco@yahoo.com

<http://www.woodbridgerunningcompany.com/home.html>

A-Routine

- **Kneeling Quad Stretch**

- 1 set of 5 x 10 seconds each leg



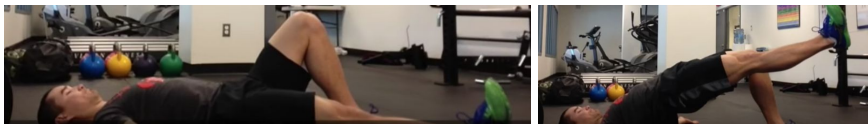
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- **Single Leg Hip Extension-Straight leg or bent leg**

- 1 x 12 each leg



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- **Single Leg Hip Drive**

- 1 x 10 each leg
- Stand as if you're about to begin to run. Keeping your left foot flat on the ground, drive your knee forward until your thigh is at a 90-degree angle with your body. Simultaneously drive your arms in the running motion. Bring your leg back down and repeat.

- **Reverse Lunge**

- 1 x 10 each leg



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- **Bird Dog**

- 1 x 8 each side



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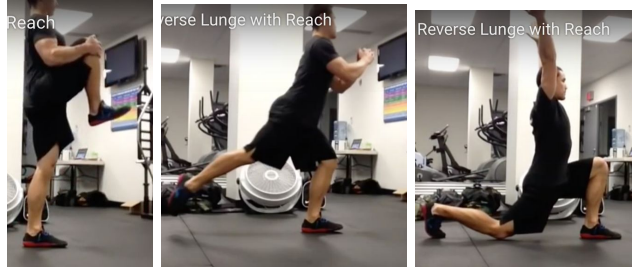
- Opposite arm, opposite leg

- Squeeze butt at the top

B-Routine

- Knee Hug to Reverse Lunge

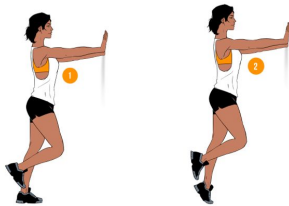
- 1 x 6 each leg



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- Single Leg Calf Raise

- 1 x 12 each leg
- Hold onto wall for support



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- Glute Bridges

- 1 x 15
- Hold for 2 seconds at the top and squeeze butt



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- Single Leg Deadlift

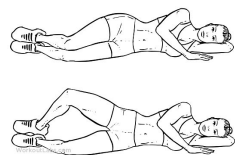
- 1 x 10 each leg



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- Clam Shells

- 1 x 12 each side



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Resources

https://running.competitor.com/2018/07/injury-prevention/6-injury-reducing-exercises-for-runners_95478

<https://www.active.com/running/articles/9-single-leg-exercises-to-prevent-running-injuries?page=2>

<https://blog.runkeeper.com/5987/6-exercises-to-help-prevent-running-injuries/>