Runners and Walkers 10
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There are several components of the Marathoner In Training comprehensive program for healthy Running & Walking:

• Training tips--from your pace coaches
• Proper shoe fit--from a Fleet Feet + FrontRunner outfitter
• Recovery/cross training assistance--from Fit For Life Physical Therapy
• Differentiating pain from injury--from a sports medicine physician
Runner's and Walker's Ten

- These are our ten Fit For Life Physical Therapy exercises that can help prevent or address common runner or walker problem areas.
- Scroll down to see images to help you understand how to perform each of them.
- If you have any questions, please contact Fit For Life Physical Therapy at (614) 981-1979 or [www.fitforlifephysicaltherapy.com](http://www.fitforlifephysicaltherapy.com).
Fit For Life Physical Therapy Runners 10

1. Straight Leg Raises – Flexion & Abduction

2. Hip Hikers
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3. Steamboats – Four Directions, Both Legs
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4. Step Downs & Heel Raises
5. Vector Reaches
6. Low Back Core – Bridge with Knee Extension

7. Clam Shells
8. Abdominal Core – Plank & Side Plank
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9. Grab-A-Pens

10. Stretching – Achilles
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10. Stretching – Hamstring & Piriformis