

NON-NEGOTIABLE STRENGTH EXERCISES

2× PER WEEK

Complete every exercise at least twice a week, all year round.

01**3 × 10-12**

REVERSE CALF RAISES

1S SQUEEZE AT TOP

3S LOWERING

Strengthens the front of the shin to help reduce the risk of shin splints.

02**3 × 6-12**

CALF RAISES — GO HEAVY

1S PAUSE AT TOP

3S LOWERING

Do straight-knee and bent-knee versions to hit both calf muscles. Also helps protect against shin splints.

03**2-3 × 6-12**

HEAVY SQUATS

3S LOWERING

EXPLODE UP

Any variation works. Builds strength through everything from the hips down.

04**3 × 8-12**

SIDE-LYING LEG RAISES

3-5S HOLD AT TOP

GLUTE MED

Controls the hip and knee, which can reduce the risk of ITB syndrome.

05**3 × 6-10 / leg**

SINGLE-LEG RDLs

3S LOWERING

EXPLODE UP

Stronger hamstrings mean less tightness, fewer strains and less time off.

06**2-3 × 6-12**

BACK EXTENSIONS

3S DOWN

3S UP

Slow and controlled. Your back and glutes absorb load with every step.

HOW TO PROGRESS

Hit the top of the rep range with good form? Add weight next session.

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General advice only. In pain or injured? Get assessed before starting.