

## Runner's Maintenance, cont'd.

Athletes in all sports do drills and exercises to enhance their base of fundamentals and increase performance. Running isn't any different. Single-leg squats, skips, high knees, donkey kicks, jumping rope and lateral jumps are all good exercises that every runner should add to their routine.

Creating and executing a simple 20 minute workout 3 times a week comprised of just these exercises can work wonders. Too many of us don't put in any time to practice form drills, and then we wonder why we continue to injure ourselves.

There are lots of little things we can do around the house to make ourselves better runners as well. Walking around barefoot is a great start. Our feet are not dainty appendages that need to be overprotected to the point of making them sensitive to every little discomfort. Our feet are complex devices responsible for holding up our weight and keeping us balanced when we're standing, walking, and running. Strong feet can accomplish this better than weak feet. If you can't handle walking around barefoot at home for more than 10 minutes at a time, it's likely that you experience discomfort now and then without an easily recognizable source. Start slow, but realize that your feet are tough!

If there are stairs in your house, do a calf raise on every stair when you go up them. Get off the couch and periodically squat all the way down to the floor when watching TV. Try and stay as low as you can with your heels touching the ground. Just sitting in this position can really help your ankle and lower leg strength. Increase the difficulty by rocking back and forth or 'walking' around in this position. Balancing on one foot is one of the best things to add to all kinds of household activities. Brushing your teeth, folding laundry, doing dishes and cooking meals are just a few things that can be done on one foot. Try to stay on one foot for 30 seconds at a time. When you feel comfortable and stable maintaining this position, try balancing with your heel off the ground. This exercise is great to determine how good your running posture is. It's difficult to balance on your forefoot with your weight behind you and a straight leg. Instead, find your neutral running stance and flex your knee slightly. You can see how much easier it is to stay balanced and stable with the heel off the ground.

There are many ways to make ourselves better runners. The key is to get creative. Keep it simple, make it fun. Most importantly, be consistent!



~~~ **Join Us** ~~~

***Miami Road Runner's Club***  
***weekly training runs!***  
***We are a beginner-friendly group!***



**Thursday Evening – Runner's Depot - Aventura**, 20335 Biscayne Blvd. Suite 11 6:45PM start. All paces, Runners & Walkers. Interval training workout – Shape Up with Schiffy! Join us for refreshments & stretching after the run!

**Monday Evening – Michael Krop High School Track**, 1410 County Line Rd. 6:45PM start. Track workout. All paces welcome.

**Saturday Morning – Turnberry Circle** - Meet behind Macys at the Aventura Mall. 7:00AM start. 3+ miles. Run/walk intervals. All paces welcome!

For more information on all workouts call:  
(305) 931-3939

**Enjoy the scenery! Enjoy your Friends!**