

Plyometric Exercises for Runners

Introduction to plyometric exercises

Plyometric exercise are explosive movements involving repeated rapid stretching and contracting of muscles to increase muscle power.

These exercises mainly involve **jumping and leaping** movements.

When performing plyometric you want to focus on **explosiveness** and **power** while maintaining **good technique**.

Benefits of plyometric exercises

STRENGTH

SKILL

SPEED

POWER

PERFORMANCE

Plyometric Exercises Workout Routine

Repeat each workout 12-15 times.

Repeat the entire sequence 3-5 times.

Incorporate this routine twice or three times a week.

Workout should take you about 20 – 30 minutes.

Injury prevention tip: Always warm up and strength before a workout.

1. Jump squats

Ideal for strengthening the glutes, which can provide you with power on the run and reduce the risks of overuse injuries like runner's knee.

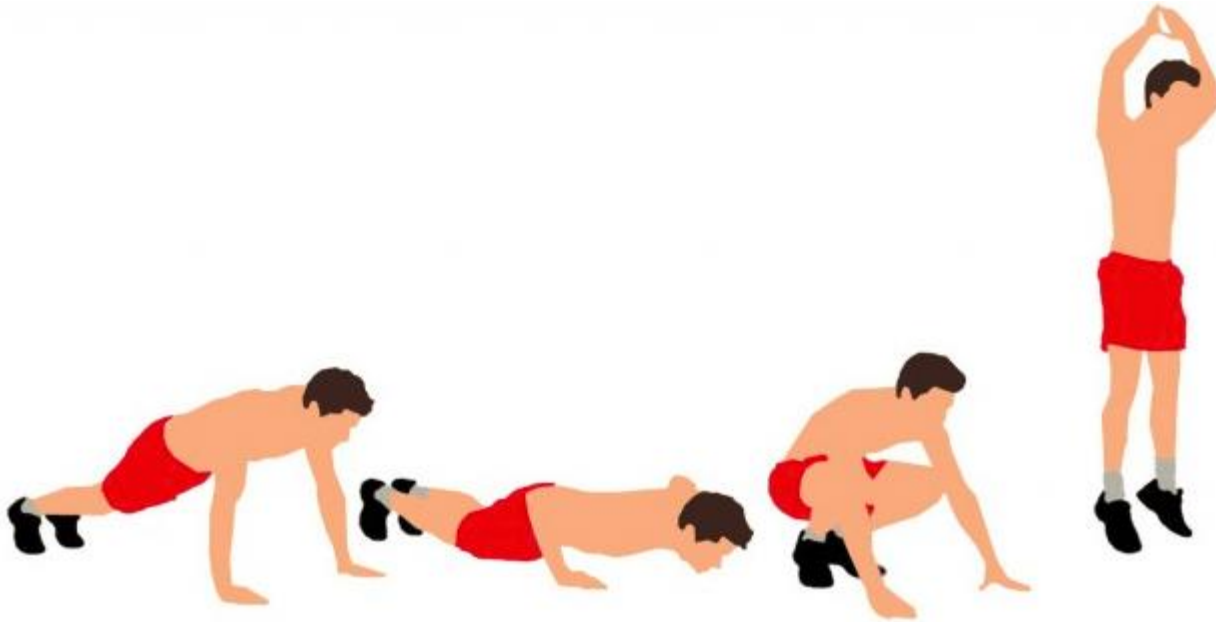
This move works the quads, hamstring, calves.



2. Burpees

Ideal for total body conditioning.

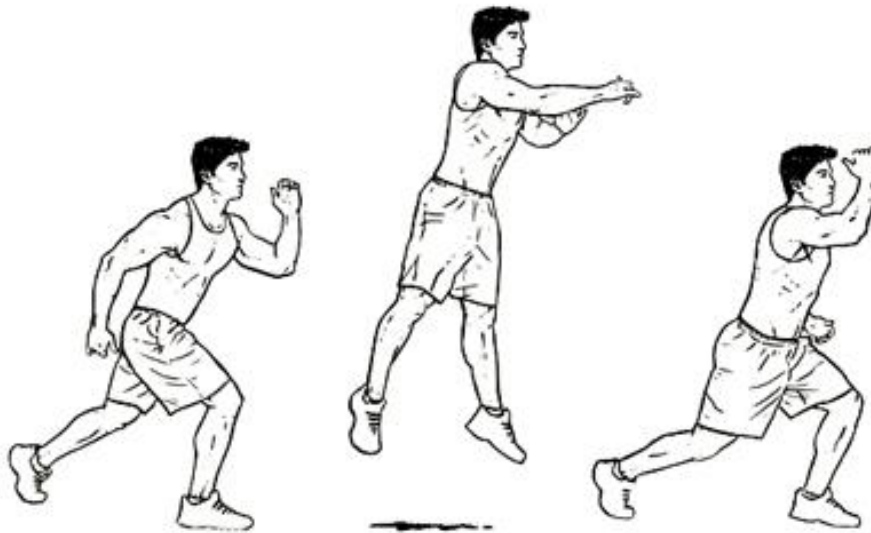
Works on the core muscles, thighs, shoulder, arms, and chest



3. Jumping lunge

Ideal for targeting the glutes, quads, hamstrings, and calves.

Improve your core, hips & ankle stability.



4. Box Jumps

Ideal for building explosive speed and improve your body's ability to absorb force.

These also target the hamstrings and glutes.

Hint 1: Choose a box that is suitable for your fitness level.

Hint 2: You can substitute a box with any other elevated surface such as a step & bleacher



Thank you

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