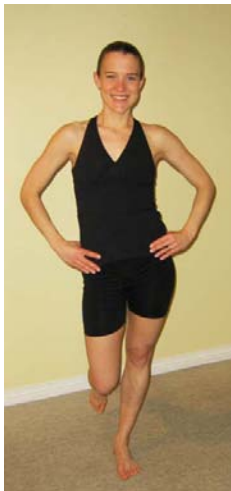


Hip Hike

For gluteus medius and minimus strengthening



Why?

Weakness and tightness in these muscles often contribute to IT Band and knee pain as well as a loss in push off strength and 'spring' due to hip instability.

How?

- Brace* your core
- Stand on one leg with the knee straight but not locked
- Assume a short foot** position
- Lift the hip of the raised leg up without tilting the upper body or bringing the knee up too much. This movement should be small (i.e. try to isolate hip movement only).
- Drop the hip down towards the floor and back up without resting at the bottom

Explanation:

The lifted leg is a dead weight so the muscles of the planted leg/hip should become fatigued.

Sets:	2
Reps:	20
Frequency:	After or between runs

Dynamic Alternatives*:**

Crossover (sideways or 'grapevine') running/walking, speedwork and plyometrics/ABC drills*.

***Brace (your core muscles):**

Recent research shows that the common advice to pull in your belly button limits the full bracing capacity of your core muscles. Although pulling your belly button in activates a very important core muscle, it does so at the expense of several other key core muscles. This is why power lifters keep their stomachs out so their spines do not buckle during maximum lifts. Preferably, try to "bear down" as if you are going to be punched in the stomach for full core activation. For more research, please see Dr. Stuart McGill's work at: <http://www.ahs.uwaterloo.ca/kin/people/StuMcGill.html>

****Short foot:**

Scrunch the arch of your foot into a shortened or high-arch position. Keep your toes flat and relaxed to help isolate the muscles within the arch of your foot (plantar fascia).

*****Dynamic Alternatives:**

- **ABC drills:** A combination of 3 techniques including (A) high knees, (B) "horse stomp" and (C) butt kicks. You will need to get a feel of this through instruction from a coach/experienced runner. For a video demonstration go to:
www.youtube.com/watch?v=Eit3pGym2Dg&feature=related
http://www.youtube.com/watch?v=nTRnyGe_wpk&feature=related
- **Speedwork:** A variety of intervals of faster and slower running. General guidelines are faster intervals of 30 seconds to 5 minutes followed by recovery of half the time of the interval.
- **Leg swings:** While standing on one leg swing the opposite leg forwards and backwards or side to side (across your body) under control to the end ranges. Brace* your core to prevent your back from twisting. For a video demonstration please go to "grapevine" video by scrolling down the

following web page:

http://www.completerunningprograms.com/Dynamic_warm_up_for_runners_s/53.htm