

# Ready to Run Checklist

Running is a big ask on your body.

Your bones, muscles and tendons need to be able to tolerate the loads being thrown at them (2.5-6x your body weight in force with each step!), and your ability to coordinate and control motion in multiple planes needs to be spot on.

You can and will absolutely adapt to the ask, if you're not there already. But if you dive into running without those boxes checked, your risk of underperforming and/or injury is uncomfortably high.

But how do you know if you're up to the task?

We've created this Ready to Run Checklist to help you identify whether you have the strength, control, range of motion and coordination needed to be successful on the run.

**Below you'll find a series of movements each designed to target a specific component of what your body is up against when running. Each movement is scored as Green, Yellow or Red.**

- If the movement triggers pain or you're unable to complete it properly, you're looking at a **red light**. We suggest holding off on running and seeking an assessment from a run focused healthcare provider.
- If you complete the task pain free, but lack some of the criteria outlined, you're a **yellow light**. Depending on the case, you may still want to seek an assessment, and at the very least, proceed with caution as you develop strategies to improve your capacity for the task.
- If you complete the movement with all criteria met, you're in **green light** territory. Enjoy the run (and please progress gradually!).

## Wall Angels



- Neutral Spine (small space between low back and wall)
- Maintain contact with wall at the back of head, forearms, shoulder blades, and ribcage
- Breathe into the lower ribcage/abdomen
- Move arms up the wall into a 'Y' shape and back into the starting 'W' position
- Pain free



## Walking Lunges



- Maintain an upright torso throughout the movement
- Maintain balance as you move slowly
- Knees centred over third toe
- Pain free

## Single Leg Balance



- Balance for 30 seconds on each leg
- Minimal movement at foot. Weight equally distributed throughout foot.
- Repeat with eyes closed for 15 seconds

## Single Leg Calf Raise



- Perform at least 15 calf raises on each leg, moving slowly
- Complete to top end range of motion (i.e. onto toes) with heel moving straight up and down.
- Can use very light touch on wall with one hand for balance
- Pain free



## Single Leg Hop



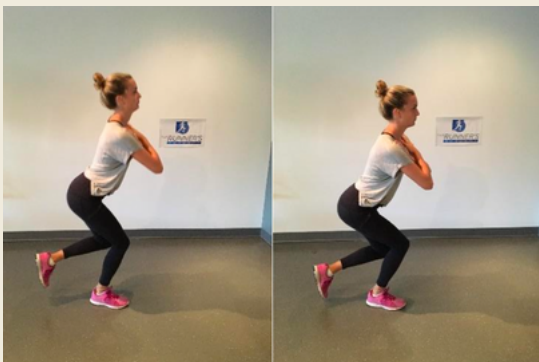
- Minimum 30 seconds on each leg
- Get off ground and maintain balance at landing
- Pain free

## Squat



- 15 reps
- Ability to maintain a fairly upright neutral spine
- Keep knee centred over feet (minimal movement to centre of body)
- Weight equally distributed between feet throughout the movement
- Pain free

## Single Leg Squat



- 10 per side
- Maintain balance throughout the squat with weight equally balanced across foot and foot stable.
- Ability to maintain knee over foot (minimal movement to centre of body)
- Pain free



## Ankle Mobility at Wall



- Place one knee on wall. Move the foot as far away from the wall without sliding knee down or lifting heel.
- Keep toes pointing forward throughout
- Pelvis square to wall throughout
- Pain free with minimal difference between sides.

## Step Up



- 10 reps per side, ideally a knee height step
- Ability to maintain an upright position throughout the movement (not pitching forward)
- Slow and controlled decent (no “crash landing”)
- Maintain balance throughout the movement with weight equally distributed across foot
- Pain free

## Side Plank



- Hold for for at least 45sec/side or to fatigue
- < 5% difference for time held side to side
- Don't let hips drop or hinge backwards
- Breathe steadily while holding plank
- Pain free



## Single Leg Glute Bridge



- Maintain hips/pelvis in elevated position for 15 seconds per side
- Maintain neutral/level hips and pelvis
- Minimal difference between sides
- Pain free

## Reverse Plank



- Hold 15 seconds with ben in knees. Lower and repeat with knees extended
- Maintain a neutral spine
- Pain free

