



Return To Running Postpartum

Always prioritize FULL BODY strength training/unilateral lower body strength prior to running to avoid low back pain, hip pain, incontinence, or other pelvic floor dysfunction.

**Exercises to master WITH
YOUR BREATH prior to
running (to save your
pelvic floor) :**

#1

**Unilateral DB March
x12 each**

You need to be STRONG to run!

Maintain engaged core the whole time, exhale (wrap core even deeper) as you bring a knee up into a marching action, inhale as you lower with control. Slower is better with this while focusing on breath.

Focuses on core stability and posture unilaterally which will translate well to running since running is a “unilateral” endurance activity

#2

**SL RDL with DB in
opposite hand
x12 each**

Keep core engaged throughout again, inhale on the way down, exhale wrapping core on the way up into a march. Unilateral activity that again focuses on postural stability and strength as well as eccentric hamstring control needed for running.



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#3

**SL heel raise on a stair
x20 each**

Front foot on bottom stair, back foot on floor - keep weight mainly on back foot, exhale as you press through ball of foot to heel raise, inhale as you lower with control.

Calf strength plays a huge role in propelling your body forward, unilaterally with running

#4

**Step forward-backwards
x10 each**

Keep core engaged the whole time, inhaling on your way up, exhaling on your way forwards and backwards tapping your heel in the front, toe in the back on a small stool.

Gets both the quads and glutes activated and gets your body comfortable loading your quad in a knee over toe position needed for running

#5

**Glute bridge with leg
extension x12 each**

Maintain core stability the whole time, exhale as you extend your leg out, inhale as you lower with control. Try not to let your pelvis rotate and press firmly through your foot.

Great for building single leg glute strength as well as anti rotational core stability



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Think about intervals at first. See how long you can maintain good core activation. Once you lose your core activation, take a break walking - then activate core back up to see how many intervals you can do at that length of interval before really fatiguing and losing core stability or feeling pressure within pelvic region.

Increase distance and time of intervals BEFORE speed!

You may only want to trial 1-2 days of these intervals at first and work your way up slowly while focusing on the above whole body strengthening on your off days.