

SQUATS AND LUNGES

Why do squats and lunges matter?

Squats and lunges are two movements that form the basis of running technique and so being able to do them effectively and with good technique will help your running. They will also increase your mobility, flexibility and strength.

How to practice

Aim to practice each of these a few times a week. As with running, make sure that you warm up first. Focus on the technique points below and then build up the amount of reps as your technique improves (practicing these in front of a mirror/filming yourself might help at first). Once you are comfortable with each of these movements you could progress to jumping versions of them.

Squats

Things to think about:

- Place your feet hip width apart
- Your feet should be facing forward
- Keep your knees pointing outwards throughout the movement, rather than caving in
- Keep your torso upright
- Aim to get your hips level with your knees

Lunges

Things to think about:

- Keep your feet pointing forward
- Keep your feet shoulder width apart rather than as if you are on a tightrope
- Keep your torso upright
- Keep your front shin at a 90° angle to the ground
- Use your arms as if you are running (make sure that when one leg is in front the opposite arm is in front – think ‘opposite arm to opposite leg’)