



# THE STRONG RUNNER CHECKLIST



**Path to Movement**

HEALTH & WELLNESS

[www.yourpathtomovement.com](http://www.yourpathtomovement.com)

Welcome to the Path to Movement Strong Runner Checklist. We put this together for all runners who want the most essential tips to keep them running strong and well for years to come. We have combined important tests from medical research, years of experience and client-tested methods. We made it easy for you, since we did all the hard work compiling this checklist. All you have to do is follow the guidelines and enjoy years of running for competition, mental health and longevity.



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# WHERE DO YOU STAND?

**Answer all these honestly. If you're missing even one of these components you could be risking unnecessary injuries or severely limiting your performance as an athlete.**

## Foot Control Test

- ☐ I can lift my big toe by itself
  - No? Try these toe sits.
- ☐ I can easily lift and splay all toes
  - That's too hard! Try this to help.

## Flexibility

- ☐ I can touch my toes
  - If not, try this progression.
- ☐ In half kneeling, I can touch my front knee to the wall with toes 4" away
  - No? Give this exercise a shot!

## Strength

- ☐ I can jump rope 200x without foot or achilles pain
  - Sore feet? Try these exercises.
- ☐ I can stand up from a chair on 1 leg without my knee caving inward
  - Knee buckling? Get to work here.

## Balance

- ☐ I can stand on one leg for 10 seconds with my eyes closed
  - Need help with your balance? Try this



These are the bare essentials when it comes to being fit to run. If you lack the ability to cover some of these movements, spend a little time each day prepping your body to fix them.

If you have been struggling with aches and pains for a long time or have more questions about becoming stronger, more capable and resilient for years to come, schedule a call with a running expert today.

[Schedule a Call](#)



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