

# 4 STRENGTH EXERCISES

## 4 WAYS For Runners



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single leg deadlift



squat with shoulder press



curtsy squat with chest press



back lunge with row



## THE STRENGTH EXERCISES FOR RUNNERS

### SINGLE LEG DEADLIFT

Standing on one leg, keep your knee soft (slightly bent) and perform a deadlift by bending at your hip while keeping your back straight and neck neutral. Extend your free leg behind you in line with your body. Lower until your back is parallel to the floor. With your back straight return to the upright position.

### SQUAT WITH SHOULDER PRESS

With your feet hip width apart push your hips back, brace your core and lower until your thighs are parallel to the floor (like you are sitting back in a chair) or as low as your flexibility allows. While holding a medicine ball, touch your elbows to your knees in the low position. Push up to standing while pressing the medicine ball above your head into a shoulder press.

### CURTSY SQUAT WITH CHEST PRESS

Holding a medicine ball or weight to your chest, stand with your feet hip apart. Cross your right leg behind the body and to the left. Bend left knee 90 degrees, or as low your flexibility will allow, toes pointing forward. In the low position straighten your arms to press the ball out from your chest. Bring the weight back to your check and return to starting position. Alternate sides.

### BACK LUNGE WITH ROW

With your feet hip width apart and your toes pointing straight ahead, take a large step backward with your right leg, so your right knee almost touches the floor and your left leg lunges at a 90 degree angle. While static in the low position, using a resistance band row your right arm back keeping your shoulders down and elbow close to your side. Push back up to starting position. Always row on the same side as the leg that steps back.

## 4 WAYS TO STRUCTURE YOUR WORKOUT

### 13 MINUTES: TABATA-STYLE

Using a Tabata timer app or an interval timer, perform the below exercises as indicated:

#### TABATA ONE:

SINGLE LEG DEADLIFT RIGHT SIDE - 20 SECONDS

REST 10 SECONDS

SINGLE LEG DEADLIFT LEFT SIDE - 20 SECONDS

REST 10 SECONDS

REPEAT FOR FOUR MINUTES

REST 30 SECONDS BEFORE MOVING ON TO NEXT CIRCUIT

#### TABATA TWO:

SQUAT WITH SHOULDER PRESS - 20 SECONDS

REST 10 SECONDS

ALTERNATING CURTSY SQUAT WITH CHEST PRESS - 20 SECONDS

REST 10 SECONDS

REPEAT FOR FOUR MINUTES

REST 30 SECONDS BEFORE MOVING ON TO THE NEXT CIRCUIT

#### TABATA THREE:

BACK LUNGE WITH ROW RIGHT SIDE - 20 SECONDS

REST 10 SECONDS

BACK LUNGE WITH ROW LEFT SIDE - 20 SECONDS

REST 10 SECONDS

REPEAT FOR FOUR MINUTES

12 MINUTES: 30 SECONDS EACH EXERCISE

SINGLE LEG DEADLIFT RIGHT SIDE - 30 SECONDS

SINGLE LEG DEADLIFT LEFT SIDE - 30 SECONDS

SQUAT WITH SHOULDER PRESS - 30 SECONDS

ALTERNATING CURTSY SQUAT WITH CHEST PRESS - 30 SECONDS

BACK LUNGE WITH ROW RIGHT SIDE - 30 SECONDS

BACK LUNGE WITH ROW LEFT SIDE - 30 SECONDS

REST ONE MINUTE

PERFORM THREE TIMES

20 MINUTES: AS MANY ROUNDS AS POSSIBLE

Set the timer for 20 minutes and perform the below circuit as many times as you can in the time frame. Move through the exercises quickly but with controlled movement. No sloppy reps!

SINGLE LEG DEADLIFT RIGHT SIDE - 8 REPS

SINGLE LEG DEADLIFT LEFT SIDE - 8 REPS

SQUAT WITH SHOULDER PRESS - 12 REPS

CURTSY SQUAT RIGHT SIDE WITH CHEST PRESS - 8 REPS

CURTSY SQUAT LEFT SIDE WITH CHEST PRESS - 8 REPS

BACK LUNGE WITH ROW RIGHT SIDE - 8 REPS

BACK LUNGE WITH ROW LEFT SIDE - 8 REPS

## THE REP PYRAMID

The first time through the circuit perform each exercise for 6 reps.

Rest for one minute

Repeat the circuit but this time perform 8 reps for each exercise

Rest for one minute

The third time through perform 12 reps for each exercise

Rest for one minute

8 reps for each exercise

Rest for one minute

6 reps for each exercise

SINGLE LEG DEADLIFT RIGHT SIDE

SINGLE LEG DEADLIFT LEFT SIDE

SQUAT WITH SHOULDER PRESS

CURTSY SQUAT RIGHT SIDE WITH CHEST PRESS

CURTSY SQUAT LEFT SIDE WITH CHEST PRESS

BACK LUNGE WITH ROW RIGHT SIDE

BACK LUNGE WITH ROW LEFT SIDE

I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. I offer in-person training in Fort Worth, TX in the Shredshed, online half marathon coaching and nutrition coaching. If you are interested in coaching, please contact me. Have questions?

I'd love to help.

While I am a certified personal trainer and nutrition coach, I am not your personal trainer and nutrition coach. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise or diet program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.