



FIT TO RUN

STRENGTH TRAINING FOR RUNNERS

**HOW TO FIT
STRENGTH TRAINING
INTO YOUR RUNNING
SCHEDULE**

FIT TO RUN Strength

Each round:
exercise #1 20 seconds
rest 10 seconds
exercise #2 20 seconds
rest 10 seconds
repeat for **4** minutes

A

rest 1 min between rounds

squat

side lunge

round 1



lunge

curtsy squat

round 2

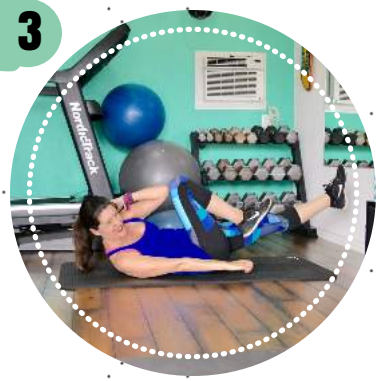
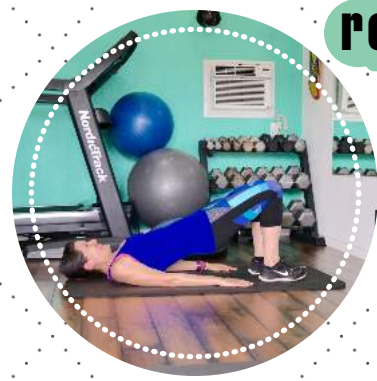


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bridge

bicycle

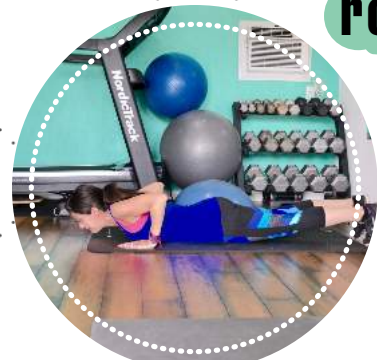
round 3



push up

plank row

round 4



ROUND ONE: SQUAT AND SIDE LUNGE

SQUAT:

Push your hips back 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. In the low position, engage your core, squeeze your glutes and push back up to standing. Return to center, push hips back again and repeat for 20 seconds. Take a deep breath in as you lower to the squat and breathe out as you return to standing. Rest for 10 seconds before moving on to the next exercise.

SIDE LUNGE:

Face forward with toes pointing straight ahead, take a wide step out to your right side. Push your hips back, bend your right knee, while straightening your left leg. With your back straight, hinge at your hips to aim to touch the floor with both hands on either side of your foot. Do not round your back or allow your knee to move forward beyond your toe. Be sure to keep your torso and both feet facing forward. Alternate between the right and left side for 20 seconds. Rest for 10 seconds before moving on to the next exercise.

Rest for up to one minute between rounds.

ROUND TWO: LUNGE AND CURTSY SQUAT

LUNGE:

With your feet hip width apart and your toes pointed straight ahead, engage your core and keep your back straight. Take one large step with your right leg to lunge forward until your front knee is lined up over your ankle and your back knee is nearly touching the floor. Do not allow your knee to move forward over your toes. Resist the urge to lean forward or rest your arms on your thighs. Once you are in the lunge position push back up to starting position. Alternate legs for 20 seconds. Rest for 10 seconds before moving on to the next exercise

CURTSY LUNGE

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, then return to starting position. Alternate sides for 20 seconds. Rest for 10 seconds before moving on to the next exercise.

Rest for up to one minute between rounds.

ROUND THREE: BRIDGE AND BICYCLE

BRIDGE:

Lie on your back with your knees bent and push your hips off the floor so your body is in a straight line from your shoulders to your ankles. Squeeze your glutes and engage your abs for 20 seconds. Rest for 10 seconds before moving on to the next exercise.

BICYCLE:

Lie flat on the floor with the lower back pressed into the ground. Place your hands on either side of your head, do not lock your fingers or pull on your head. Lift your head and shoulder off the floor and touch your right elbow to the left knee. At the same time, straighten your right leg, keeping it several inches off of the floor. Alternate sides to repeat the motion you'd make while pedaling a bicycle for 20 seconds. Rest for 10 seconds before moving on the next exercise.

Rest for up to one minute between rounds

ROUND FOUR: PUSHUP AND PLANK ROW

PUSH UP:

Start in a high plank position with your hands placed a little wider than your shoulders. Keep your body in a straight line, while engaging your core, bend your elbows slowly to lower your chest to the floor. Once in the low position, push back up to the starting position. If this is too challenging, drop to your knees or do incline pushups to reduce the weight. Repeat for 20 seconds. Rest for 10 seconds before moving on to the next exercise.

PLANK ROW:

Start in a straight-arm high plank position with your wrists directly under your shoulders and your legs slightly wider than hip width for stability. Keep your body in a straight line from your shoulders to ankles while engaging your core. Do not allow your hips to hike up or sag down.

With your core tight and your glutes engaged lift your right elbow to row as you bend your elbow up toward the ceiling. Keep your elbows close to your side, do not allow them to flare out. You can do this exercise with or without weights. Alternate sides for 20 seconds. Rest for 10 seconds before moving on to the next exercise.

Coach Lea

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FIT TO RUN Strength B

Each round:
exercise #1 20 seconds
rest 10 seconds
exercise #2 20 seconds
rest 10 seconds
repeat for 4 minutes

rest 1 min between rounds

bird dog

superman

round 1



hip raises

side plank

round 2

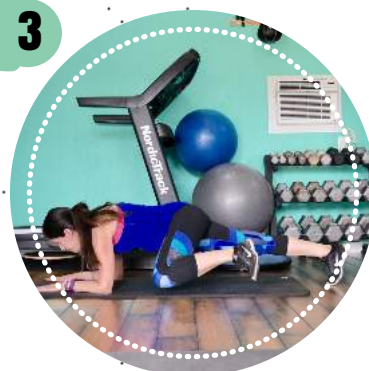


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low plank

crawler

round 3



russian twist

tricep dip

round 4



BIRD DOG

On all fours with your wrists directly underneath your shoulders lift one arm off the floor to shoulder height while lifting the opposite leg in line with the hip. Hold for 20 seconds, then rest for 10 seconds. Switch arms/legs on each round. Flex your abs and glutes during the move while breathing normally.

SUPERMAN

Lying face down on the floor with your arms extended in front of you, raise your arms, chest and thighs off of the floor and hold for 20 seconds, the rest for 10 seconds before moving on to the next exercise.

HIP RAISES

Lie on your side with your legs stacked on top of one another. Lift your top leg to about 45 degrees before lowering. Repeat for 20 seconds and rest for 10 seconds before moving on to the next exercise. Alternate sides on each round.

SIDE PLANK

Lift yourself up into an elbow side plank position with your shoulder directly over your elbow. Stack your feet and don't allow your hips to drop. Hold the position for 20 seconds before resting for 10 seconds before moving onto the next exercise. Alternate sides on each round.

LOW PLANK

Position your elbows on the floor with your shoulders directly over your elbows. Your body should be in a straight line parallel to the floor. Engage your core while breathing normally. Squeeze your glutes. Be careful not to sink your hips or raise your butt in the air. Do not clasp hands in front as this throws off your alignment. Hold for 20 seconds, rest for 20 seconds before moving on to the next exercise.

LOW PLANK CRAWLER

Hold the same position as above. While in the low plank position, bring your knee out to side and bring as close to your elbow as your flexibility will allow. Be careful not to sink your hips low or raise your butt in the air. Alternate sides for 20 seconds, then rest 10 seconds before moving on the next exercise

(You will probably hate me after this round. If it is too challenging, you can make it a little easier by doing straight arm plank instead of low plank)

RUSSIAN TWIST

Sit with your back at a 45 degree angle. Lift your heels off the ground to increase the challenge. Rotate your torso to touch both hands to the floor on one side, then alternate and touch both hands to floor on the other side. You can add a weight or medicine ball to increase the challenge. Alternate sides for 20 seconds, rest for 10 seconds before moving on to the next exercise.

TRICEP DIP

Position your hands shoulder width apart behind you on a bench or chair. Slide your bum off the front of the bench with your legs extended out in front of you. Bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle while keeping your back close to the bench. From the low position, straighten your elbows to return to the starting position. Keep your shoulders down as you lower and raise your body. Repeat for 20 seconds then rest for 10 seconds before moving on the next exercise. (Yes! Runners need strong arms too.)

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FIT TO RUN

Interval

Each round:
run 30 seconds hard
recover 90 seconds
8 rounds

hard effort



easy effort

**RPE
7-9**

**RPE
2-3**

**30
SECS**

**90
SECS**

1

**30
SECS**

**90
SECS**

2

**30
SECS**

**90
SECS**

3

**30
SECS**

**90
SECS**

4

**30
SECS**

**90
SECS**

5

**30
SECS**

**90
SECS**

6

**30
SECS**

**90
SECS**

7

**30
SECS**

**90
SECS**

8

cool down

THE TALK TEST | RPE CHART

Your RPE can be determined by the talk test.

RPE:1 No effort. You are probably sitting.

RPE: 2-3 Light effort. Breathing is extremely easy. You may be walking at a leisurely pace.

RPE: 4-6 Moderate effort. You are working a little harder, maybe a jog, but you can carry on a full conversation at this pace without gasping for air between words or sentences.

RPE: 7-8 Hard effort. You can speak a sentence or two at a time before having to taking a gasp of breath.

RPE: 9 Extremely hard effort. You can get out a word or two but breathing is labored and talking is challenging.

RPE: 10 Maximum effort. You are completely out of breath and unable to talk. You would only be able to hold this pace for a very short time.

You will alternate between a hard effort for 30 seconds and an easy recovery effort for 90 seconds for eight rounds.

Your 30 second hard effort should be RPE 7-9. It should be difficult to talk or get out a word or two during this interval. It should feel hard enough that you can't hold a conversation, but not so hard that you can't maintain the pace for the full 30 seconds. You may have to experiment with what the right pace is for you. (You have eight rounds to figure it out. wink.)

Your 90 second recovery effort should be a brisk walk or a slow jog in order to recover from your hard interval.

This workout including the warm up and cool down is about 20 minutes. The workout is shorter in duration but higher in intensity, so be sure to push yourself appropriately during the hard effort intervals for the best results.

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FIT TO RUN

Strength

PLAN

MONTH 1

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Mon

Tues

Wed

Thurs

Fri

Sat

Sun

EASY RUN +
STRENGTH A

INTERVAL
WORKOUT

REST

EASY RUN +
STRENGTH B

EASY RUN +
STRENGTH A

LONG RUN OR
INTERVALS

REST

EASY RUN +
STRENGTH B

INTERVAL
WORKOUT

REST

EASY RUN +
STRENGTH A

EASY RUN +
STRENGTH B

LONG RUN OR
INTERVALS

REST

EASY RUN +
STRENGTH A

INTERVAL
WORKOUT

REST

EASY RUN +
STRENGTH B

EASY RUN +
STRENGTH A

LONG RUN OR
INTERVALS

REST

EASY RUN +
STRENGTH B

INTERVAL
WORKOUT

REST

EASY RUN +
STRENGTH A

EASY RUN +
STRENGTH B

LONG RUN OR
INTERVALS

REST

FIT TO RUN

Strength

ACTUAL

MONTH 1

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Mon

Tues

Wed

Thurs

Fri

Sat

Sun

FIT TO RUN Strength

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plank row to side plank

8 reps



each side

single leg lift & chop

8 reps



each side

mountain climber

8 reps



each side

single leg dead lift

BRIDGE WITH WEIGHTED PULL OVER

8 reps



repeat

FIT TO RUN

Strength

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INSTRUCTIONS:

Perform the assigned reps in each exercise then move to the next exercise without rest. When you have completed all the exercises, rest for one minute (or as long as you need) and then repeat the circuit one or two more times.

PLANK ROW TO SIDE PLANK

Start in straight arm plank position with your wrists directly under your shoulders and your legs a little wider than hip width for stability. Keep your body in a straight line from your shoulders to ankles while engaging your core. Do not allow your hips to hike (get that butt out of the air) up or sag down.

With your core tight and your glutes engaged lift your right elbow to row as you bend your elbow up toward the ceiling, keeping your arms close to your sides.

Twist to the right to move into a side plank position keeping your right leg in front of your left for stability. Reach your arm to the ceiling and hold for 3-5 seconds before returning to plank position. Repeat on other side.

SINGLE LEG LIFT & CHOP

Stand on your right leg and grip the weight on each end with two hands. Reach your arms straight up over your right shoulder and slightly twist your torso to the right. With straight arms, bring the weight across your body and down towards the outside of your left knee by rotating your torso and shoulders. Repeat on other side.

FIT TO RUN

Strength

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MOUNTAIN CLIMBER

Start in a high straight arm plank position with your wrists directly under your shoulders with your legs wider than hip width for stability. Keep your body in a straight line from your shoulders to ankles while engaging your core. Do not allow your hips to hike up or sag down. Quickly bring your right leg in to touch your elbows, then back to plank position. Repeat on other side. Right then left equals one rep.

SINGLE LEG DEAD LIFT

Standing on one leg, keep your knee 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. Grip the weight on each side with two hands and lower until your back is parallel to the floor. With your back straight return to the upright position. Repeat on other side

BRIDGE WITH WEIGHTED PULL OVER

Lie on your back with your knees bent and your feet flat on the floor. Keeping your elbows in a slightly bent position, draw the weight backward until it touches the floor.

Reach your arms over your head towards the ceiling while raising your hips off the floor so that your body forms a straight line from your shoulders to your knees. Pause at the top then slowly lower your hips and arms back to the floor.

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FIT TO RUN Strength

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low to high planks

6 reps



plank jacks

8 reps



single leg squat with bench

6 reps

each leg



reverse lunge

8 reps



repeat

INSTRUCTIONS:

Perform the assigned reps of each exercise then move to the next exercise without rest. When you have completed all the exercises, rest for one minute (or as long as you need) and then repeat the circuit one or two more times.

LOW TO HIGH PLANKS

Position your elbows on the floor and your shoulders directly over your elbows. Your body should be in a straight line parallel to the floor. Engage your core, pulling your belly button into your spine while breathing normally. Be careful not to sink or raise your hips in the air. Do not clasp your hands in front of you.

Straighten your right arm, then your left to lift yourself up to a straight arm plank position. Then lower yourself back down to a forearm plank. That is one rep. Next rep start with your left arm, then your right when lifting to a straight arm plank to reduce stress on your shoulders. Perform six reps before moving to the next exercise.

PLANK JACKS

In a high plank position place your shoulders directly over your wrists. Your body should form a straight line from your head to your heels. Don't allow your hips to drop or raise up. Engage your abs and breathe normally. Start with your feet together then jump your legs wide out to the sides (like the motion of a standing jumping jack) and then back together. Perform 8 reps before moving on to the the next exercise

SINGLE LEG SQUAT WITH BENCH

While the single leg squat is an advanced move, there is a safe variation that almost anyone can perform. I like using a bench for the low position. Balance on one leg with your knee slightly bent and lower yourself as slowly and as controlled as possible until you are sitting on the bench. Work to keep your standing knee inline with your outside toe as you lower to the bench (don't allow it to collapse inward). Keeping the 2nd leg off the ground stand back up to the starting position. Repeat six reps on each leg before moving on to the next exercise.

REVERSE LUNGE

Stand tall with your hands at your sides (add dumbbells to progress the exercise). Take a large, controlled step backward with your left foot. Lower your hips so that your right thigh is parallel to the floor and your right knee is over your ankle. Complete the rep by pressing your right foot into the floor and bringing your left leg forward to return to standing. Alternate legs to complete 8 reps on each side.

PUSH UP

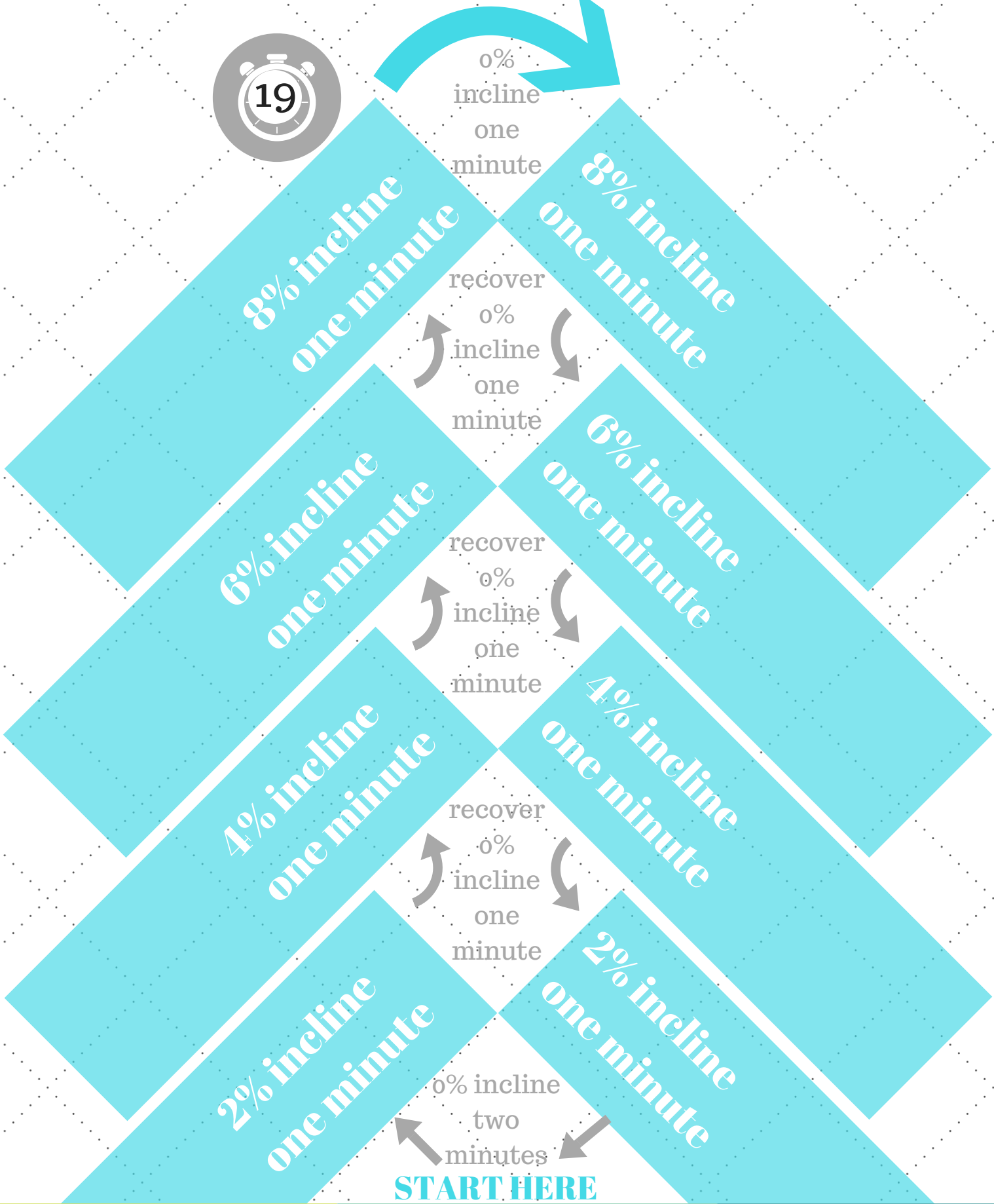
Start in a high plank position with your hands placed a little wider than your shoulders. Keeping your body in a straight line, while engaging your core bend your elbows slowly to lower your chest to the floor. Once in the low position, push back up to the starting position. If this is too challenging, drop to your knees or perform the reps with your hands on an inclined surface like a bench or counter.

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Treadmill HILL workout

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START HERE

Treadmill HILL workout

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THE WORKOUT

Always warm up before beginning any workout.

Start by running for two minutes at 0% incline

Increase the incline to 2% and run for one minute at a hard effort (RPE 7-8)

Recover by jogging at an easy pace for one minute at 0% incline

Increase the incline to 4% and run for one minute at a hard effort

Recover by jogging at an easy pace for one minute at 0% incline

Increase the incline to 6% and run for one minute at a hard effort

Recover by jogging at an easy pace for one minute at 0% incline

Increase the incline to 8% and run for one minute at a hard effort

Recover by jogging at an easy pace for one minute at 0% incline

Decrease the incline back down to 8%, 6%, 4%, 2% with a one minute easy jog recovery between reps at 0% incline.

Cool down for two to five minutes

This is a short but challenging workout. Allow your body adequate time after this workout to properly recover. Most athletes will need two to five rest and/or recovery days between hard workouts. You can do easy runs or lower impact activities during this time. Adaptation (getting faster and stronger) happens during rest, not during the actual workout. Be sure to allow your body the proper time for recovery from intense workouts in order to reap the benefits of your hard work.

Never blindly follow a workout on the internet. Listen to your body. If you need more recovery time between reps, then take two minutes (or three). If 8% incline is too hard, then only go to 6% or 4% and work to increase it in the future as you get stronger and fitter. If one minute intervals are too much, start at 30 seconds. Always work according to your own fitness ability. Pushing beyond your limits will only lead to frustration, burnout and injury. Start small when necessary and allow yourself the space to grow.

FIT TO RUN

Strength

PLAN

MONTH 2

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Mon

Tues

Wed

Thurs

Fri

Sat

Sun

EASY RUN +
STRENGTH A

HILLS

REST

EASY RUN +
STRENGTH B

EASY RUN +
STRENGTH A

LONG RUN OR
INTERVALS

REST

EASY RUN +
STRENGTH B

HILLS

REST

EASY RUN +
STRENGTH A

EASY RUN +
STRENGTH B

LONG RUN OR
INTERVALS

REST

EASY RUN +
STRENGTH A

HILLS

REST

EASY RUN +
STRENGTH B

EASY RUN +
STRENGTH A

LONG RUN OR
INTERVALS

REST

EASY RUN +
STRENGTH B

HILLS

REST

EASY RUN +
STRENGTH A

EASY RUN +
STRENGTH B

LONG RUN OR
INTERVALS

REST

FIT TO RUN

Strength

ACTUAL

MONTH 2

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Mon

Tues

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Thurs

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HIP

5 MINUTE

HIP STRENGTH

HOORAY For Runners

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side leg raises



OR



20 sec each side
10 second rest

adductor leg raises



+

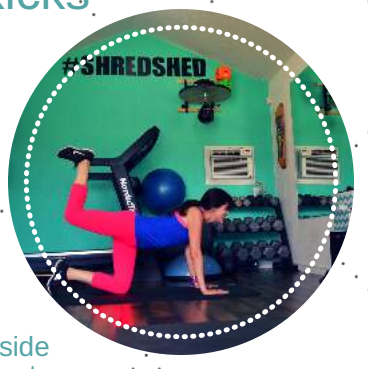


20 sec each side 10 second rest 20 sec each side 10 second rest

donkey kicks

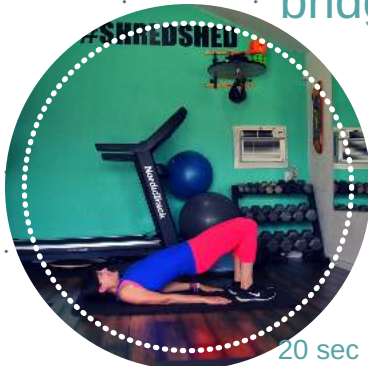


+



20 sec each side
10 second rest

bridge march



+



20 sec alternating sides
10 second rest x 2

SIDE LEG RAISES

Lie on your side with your legs stacked on top of one another. Lift your top leg to about 45 degrees before lowering. Perform exercise for 20 seconds, rest 10 seconds, then repeat on the other side.

ADVANCED: SIDE PLANK LEG RAISES

You can advance the side leg raises exercise by performing the exercise in a straight arm side plank position. Stack your wrist, elbow and shoulder so they are in a straight line. Engage your core muscles and lift and lower the top leg for 20 seconds, rest for 10 seconds, then repeat on the other side.

ADDUCTOR LEG RAISES

Lie on your left side, bend your right knee and place your right foot on floor in front of your left knee. This will get your right leg out of the way so you can perform the exercise. Lift your left leg up as high as possible and then lower. Repeat for 20 seconds, rest 10 seconds, then repeat on the other leg. To advance this exercise, hold the working leg in the high position for 20 seconds.

CLAM SHELL

Lie on your side with your knees bent and your legs and ankles together. Open and close your knees like a clam by lifting your top knee up and lowering it. Repeat for 20 seconds, rest for 10 seconds, then repeat on the other leg.

Progress the exercise by adding a resistance band to your thighs.

DONKEY KICKS

Starting on all fours, kick your back leg up behind you while keeping your knee bent until your leg is inline with your back and your foot is parallel to the ceiling, then lower back to the ground. Repeat with the same leg for 20 seconds, rest for 10 seconds, then repeat on the other leg.

BRIDGE MARCH

Lie on your back with your knees bent and lift your hips off the floor while engaging your glutes and abs (squeeze everything as tight as you can during the exercise). Your body should be in a straight line from your knees to your shoulders. Bring your right leg in towards your chest to march. Lower your right leg and march with your left leg all while keeping your core tight. Alternate legs for 20 seconds, rest for 10 seconds, then repeat again for 20 seconds and rest for 10 seconds.

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