



# FIT TO RUN

## Strength

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WORKOUT B

### 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 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.

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 the Shredshed, online training and nutrition coaching. If you are interested in coaching, please contact me. Have questions? I'd love to help.

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