



# Strength Training for Runners 30-Day Challenge

1	2	3	4	5	6	7	
DAY 1 EXERCISES	DAY 2 EXERCISES	DAY 3 EXERCISES	DAY 4 EXERCISES	REST	DAY 1 EXERCISES	DAY 2 EXERCISES	
8	9	10	11	12	13	14	
DAY 3 EXERCISES	DAY 4 EXERCISES	REST	DAY 1 EXERCISES	DAY 2 EXERCISES	DAY 3 EXERCISES	DAY 4 EXERCISES	
15	16	17	18	19	20	21	
REST	DAY 1 EXERCISES	DAY 2 EXERCISES	DAY 3 EXERCISES	DAY 4 EXERCISES	REST	DAY 1 EXERCISES	
22	23	24	25	26	27	28	
DAY 2 EXERCISES	DAY 3 EXERCISES	DAY 4 EXERCISES	REST	DAY 1 EXERCISES	DAY 2 EXERCISES	DAY 3 EXERCISES	
29	30		1	2	3	4	
DAY 4 EXERCISES	DAY 1 EXERCISES						
5	6	<a href="http://www.leagendersfitness.com">www.leagendersfitness.com</a>					