

Strength Training for Runners



Strength Training for Runners



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, online training 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.

Strength Training for Runners

FIT TO RUN Strength

A

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

squat



round 1

side lunge



lunge



round 2

curtsy squat



www.leagendersfitness.com

bridge

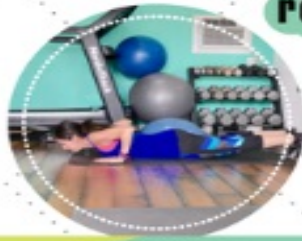


round 3

bicycle



push up



round 4

plank row



Strength Training for Runners

STRENGTH TRAINING "A" WORKOUT

The strength training workout is about 20 minutes in duration including rest periods. We start out with bodyweight exercises that can be progressed by adding weights as you get stronger.

This workout uses a 20 second work/10 second rest protocol repeated for four minutes. You can search "Tabata timer" in the app store or on Google play to find a free timer or I like to use the (affiliate link-->) [GymBoss](#) timer.

For each round you will alternate between two exercises for the four minute duration.

Exercise one: 20 seconds

rest 10 seconds

Exercise two: 20 seconds

rest 10 seconds

repeat for four minutes

rest one minute between rounds

These particular exercises were selected to strengthen your core (which includes everything above your thighs and below your chest, including hips and back). Runners often have muscle imbalances because as we run, our quads (front of your thigh) and our calves grow strong while your hips and hamstrings can be under utilized. We run in only one plane of motion (the sagittal plane, forward/back movements). To improve strength, overall athleticism and avoid injuries, it is essential to build and maintain lateral and rotational strength

Strength Training for Runners

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.

Strength Training for Runners

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.

Strength Training for Runners

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.

Strength Training for Runners

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.

Strength Training for Runners

MONTH 1

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

STRENGTH WORKOUT B

rest 1 min between rounds

bird dog

superman

round 1



hip raises

side plank

round 2



www.leagendersfitness.com

low plank

crawler

round 3



russian twist

tricep dip

round 4



Strength Training for Runners

STRENGTH TRAINING "B" WORKOUT

The strength training workout is about 20 minutes including rest periods. We are starting out with bodyweight exercises that can be progressed by adding weights as you get stronger.

This workout uses a 20 second work/10 second rest protocol repeated for 4 minutes. You can search "Tabata timer" in the app store or on Google play to find a free timer. I use this wall mounted [interval timer in the #shredshed](#) and the [GymBoss](#) timer at [bootcamp](#) or outdoors.

For each round you will alternate between two exercises for the four minute duration.

Exercise one: 20 seconds

rest 10 seconds

Exercise two: 20 seconds

rest 10 seconds

repeat for four minutes

rest one minute between rounds

These particular exercises were selected to strengthen your core (which includes your hips). Runners often have muscle imbalances because as you run, your quadriceps (front of your thigh) and your calves grow strong while your hips and hamstrings are under utilized.

Be sure to [warm up](#) before beginning any exercises.

strength training for runners

ROUND ONE

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.

ROUND TWO

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.

ROUND THREE

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)

ROUND FOUR

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.)

strength training for runners



MONTH 2 STRENGTH TRAINING "A" WORKOUT

In the first month we did a time-based protocol. The idea is to keep moving and get your strength work done quickly and efficiently. This month we will start to incorporate weights and will count reps in a circuit fashion.

strength training for runners

FIT TO RUN Strength

www.legendersfitness.com

plank row to side plank

8 reps



each side

single leg lift & chop

8 reps



each side

mountain climber

single leg dead lift

8 reps



each side

BRIDGE WITH WEIGHTED PULL OVER

8 reps



repeat

strength training for runners

These are intended to be quick workouts that you can tack on to the end of your [easy run days](#) (less than 30 minute runs at an [easy pace](#)). I would recommend this workout twice a week.

FIT TO RUN: MONTH 2 STRENGTH WORKOUT (A)

EQUIPMENT:

[8lb dumbbell](#)

[Gym Mat](#)

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.

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) 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.

strength training for runners

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.

MOUNTAIN CLIMBER

Start in a 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 elbow, then back to plank position. Repeat on other side. Right then left equals one rep. Move as quickly as possible while maintaining strict form.

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.

strength training for runners

FIT TO RUN: MONTH 2 STRENGTH FOR RUNNERS WORKOUT B



strength training for runners

FIT TO RUN Strength

www.legendersfitness.com

low to high planks

6 reps



plank jacks

8 reps



single leg squat with bench

6 reps

each leg



reverse lunge

8 reps



repeat

FIT TO RUN: MONTH 2 STRENGTH WORKOUT (B)

EQUIPMENT:

Gym Mat

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.

strength training for runners

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.

strength training for runners

PUSH UP

Start in a high plank position with your hands placed a little wider than your shoulders and your fingers pointing forward. 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.

Keep running,
Lea

Coach Lea



THE DOS AND DON'TS OF STRENGTH TRAINING FOR RUNNERS