

A black and white photograph of a runner's silhouette on a hillside. The runner is positioned on the right side of the frame, facing left, with arms slightly out. The background is a vast, cloudy sky. The overall mood is one of strength and endurance.

RUN STRONG

C O A C H I N G

**RUNNING STRENGTH &
CONDITIONING GUIDE**

STRENGTH AND CONDITIONING FOR RUNNERS

USING THIS FREE GUIDE YOUR STRENGTH AND CONDITIONING PLAN HAS TWO SESSIONS EACH WEEK. DURING THE FINAL WEEKS, THE FREQUENCY REDUCES FOR YOU TO FOCUS ON RACE-SPECIFIC TRAINING. CLICK EACH SESSION TO SEE WHICH EXERCISES YOU SHOULD DO ON A GIVEN DAY. IF YOU ARE NEW TO STRENGTH WORK, OR UNFAMILIAR WITH THE EXERCISES, WE RECOMMEND BOOKING A SESSION OR TWO WITH A PERSONAL TRAINER. THEY CAN CHECK YOUR TECHNIQUE AND HELP YOU GET THE BEST FROM THE WORKOUTS. EXERCISE INST

WHY DO STRENGTH AND CONDITIONING?

I HAVE CHOSEN SPECIFIC STRENGTH AND FLEXIBILITY EXERCISES TO SUPPORT YOUR RUN TRAINING. THEY ARE DESIGNED TO INCREASE POWER, RANGE OF MOVEMENT, COORDINATION, FLEXIBILITY, AGILITY, STRENGTH AND STABILITY PROVIDING YOU WITH A SOLID INTERNAL 'SCAFFOLD' TO SUPPORT ALL ASPECTS OF YOUR TRAINING. YOU WILL IMPROVE YOUR EFFICIENCY AND BOOST YOUR PERFORMANCE

INJURY PREVENTION

INCLUDING STRENGTH AND CONDITIONING WILL HELP MINIMIZE THE RISKS OF INJURY THROUGH IMPROVED STRENGTH, STABILITY AND BY MATCHING IMBALANCES THAT CAN BE CREATED BY REPETITIVE OVERUSE.

WHAT EQUIPMENT DO I NEED?

ALL EXERCISES (OR ALTERNATIVES) CAN BE DONE AT HOME WITH A MAT, DUMBBELLS AND/OR BAND. OR IN THE GYM USING MACHINES (WHERE GIVEN AS AN ALTERNATIVE) AND/OR THE FREE WEIGHTS AREA. WHEN SHOULD I DO STRENGTH WORKOUTS? THERE ARE ONE OR TWO STRENGTH WORKOUTS EACH WEEK. IF YOU HAVE ANOTHER WORKOUT SCHEDULED ON YOUR STRENGTH DAY, YOU SHOULD RUN FIRST. WHEN SWITCHING THINGS AROUND IN YOUR CALENDAR BE CONSCIOUS OF WORKOUTS THAT FOLLOW YOUR STRENGTH SESSIONS.

HOW WILL STRENGTH SESSIONS FIT WITH MY RUNNING PLAN?

- **PREP PHASE:** DEVELOP NEUROMUSCULAR EFFICIENCY, STABILITY AND FUNCTIONAL STRENGTH.
- **BASE PHASE:** BUILD A FOUNDATION THAT CAN BE USED FOR POWER DEVELOPMENT. THE GOAL IS TO TRANSLATE STRENGTH TRAINING INTO SPORT-SPECIFIC ACTIVITY.
- **BUILD PHASE:** DEVELOP POWER, BALANCE AND NEUROMUSCULAR CONTROL. FORM IS KEY, REDUCE THE INTENSITY IF YOU CANNOT HOLD YOUR FORM.
- **PEAK PHASE:** ALLOWS YOU TO FOCUS ON SPORT-SPECIFIC TRAINING. THIS MEANS DECREASING THE STRESS OF A STRENGTH AND CONDITIONING TRAINING SESSION BY REDUCING INTENSITY AND VOLUME.

FLEXIBILITY

THERE ARE SIX KEY FLEXIBILITY EXERCISES INCLUDED. SELECT STRETCHES THAT ARE SPECIFIC TO YOUR REQUIREMENTS, THE ONES DESCRIBED WITHIN THIS DOCUMENT ARE A GUIDE. YOU MAY HAVE SOME FAVORITES THAT WORK WELL FOR YOU.

RUN STRONG 5 WEEK STRENGTH AND CONDITIONING PROGRAM

THIS 5-WEEK PLAN IS DESIGNED TO COMPLEMENT YOUR RUNNING SCHEDULE. THE WORKOUTS ARE BRIEF (30-45 MINUTES), ALLOWING YOU TO INTEGRATE THEM SEAMLESSLY INTO YOUR ROUTINE. THE PROGRAM FOCUSES ON BUILDING FOUNDATIONAL STRENGTH, IMPROVING MOBILITY, AND ENHANCING MUSCULAR ENDURANCE.

WEEKLY STRUCTURE

2 STRENGTH SESSIONS PER WEEK (E.G., TUESDAY AND FRIDAY)

1 MOBILITY AND STABILITY SESSION PER WEEK (E.G., SUNDAY)

MAINTAIN YOUR REGULAR RUNNING SCHEDULE BUT AVOID HARD RUNS ON STRENGTH TRAINING DAYS.

EQUIPMENT NEEDED

- DUMBBELLS OR KETTLEBELLS
- RESISTANCE BANDS
- STABILITY BALL
- A BENCH OR STURDY ELEVATED SURFACE

PROGRESSION TIPS

ADJUST LOAD: GRADUALLY INCREASE WEIGHTS OR RESISTANCE BANDS AS EXERCISES BECOME EASIER. FOR EXAMPLE, AIM TO INCREASE WEIGHT BY 5% WEEKLY OR ADD 2 REPS TO EACH SET.

FOCUS ON FORM: ALWAYS PRIORITIZE PROPER TECHNIQUE OVER HEAVIER LOADS.

ADAPT TO YOUR RUNNING GOALS: DURING PEAK TRAINING WEEKS, REDUCE S&C VOLUME TO AVOID OVERTRAINING.

WEEK 1-2: BUILD THE FOUNDATION

GOAL: INTRODUCE KEY STRENGTH EXERCISES, FOCUS ON FORM, AND BUILD MUSCULAR ENDURANCE.

LOWER BODY STRENGTH

- **GOBLET SQUATS – 3 SETS OF 10 REPS**
AIM: STRENGTHEN QUADS, GLUTES, AND CORE. FOCUS ON DEEP SQUATS WITH CONTROLLED MOVEMENT.
- **ROMANIAN DEADLIFTS – 3 SETS OF 10 REPS**
AIM: TARGET HAMSTRINGS AND GLUTES TO IMPROVE POSTERIOR CHAIN STRENGTH.
- **STEP-UPS WITH DUMBBELLS – 3 SETS OF 8 REPS PER LEG**
AIM: BUILD UNILATERAL STRENGTH FOR A BALANCED STRIDE.
- **PLANK WITH SHOULDER TAPS – 3 SETS OF 20 TAPS**
AIM: IMPROVE CORE STABILITY TO REDUCE ROTATION DURING RUNNING.
- **CALF RAISES – 3 SETS OF 15 REPS**
AIM: STRENGTHEN CALVES FOR BETTER PUSH-OFF AND INJURY PREVENTION.

UPPER BODY & CORE

- **PUSH-UPS – 3 SETS OF 12-15 REPS**
AIM: BUILD UPPER BODY STRENGTH TO MAINTAIN POSTURE DURING LONG RUNS.
- **SINGLE-ARM DUMBBELL ROWS – 3 SETS OF 8 REPS PER ARM**
AIM: IMPROVE UPPER BACK AND SHOULDER STABILITY.
- **SIDE PLANK WITH LEG LIFT – 2 SETS OF 10 REPS PER SIDE**
AIM: ENHANCE LATERAL CORE STABILITY.
- **RESISTANCE BAND PULL-APARTS – 3 SETS OF 15 REPS**
AIM: STRENGTHEN THE UPPER BACK AND CORRECT POSTURE IMBALANCES.
- **BIRD DOGS – 2 SETS OF 10 REPS PER SIDE**
AIM: IMPROVE CORE CONTROL AND COORDINATION.

MOBILITY & STABILITY ROUTINE

MOBILITY WORK IS CRUCIAL FOR RUNNERS BECAUSE IT IMPROVES JOINT FLEXIBILITY, REDUCES THE RISK OF INJURY, AND ENHANCES OVERALL MOVEMENT EFFICIENCY. WHEN PAIRED WITH STRENGTH TRAINING, MOBILITY EXERCISES HELP MAINTAIN BALANCE IN MUSCLE FLEXIBILITY AND STRENGTH, ENSURING SMOOTH AND EFFECTIVE RUNNING MECHANICS.

- **HIP FLEXOR STRETCH – 2 SETS OF 30 SECONDS PER SIDE**
- **HAMSTRING STRETCH WITH BAND – 2 SETS OF 30 SECONDS PER SIDE**
- **SINGLE-LEG BALANCE DRILLS – 2 SETS OF 1 MINUTE PER LEG**

WEEK 3-4: BUILD STRENGTH AND POWER

GOALS: INCREASE INTENSITY AND INTRODUCE EXPLOSIVE MOVEMENTS.

LOWER BODY POWER

- SPLIT SQUATS WITH DUMBBELLS – 3 SETS OF 8 REPS PER LEG
AIM: DEVELOP UNILATERAL STRENGTH AND CONTROL.
- TRAP BAR DEADLIFTS (OR DUMBBELL DEADLIFTS) – 3 SETS OF 6 REPS
AIM: BUILD RAW POWER IN THE POSTERIOR CHAIN.
- BOX JUMPS – 3 SETS OF 8 REPS
AIM: IMPROVE EXPLOSIVE POWER AND COORDINATION.
- SIDE PLANK WITH REACH-UNDER – 2 SETS OF 10 REPS PER SIDE
AIM: BUILD ROTATIONAL STRENGTH AND STABILITY.
- SEATED CALF RAISES – 3 SETS OF 12 REPS
AIM: STRENGTHEN LOWER LEG MUSCLES FOR ENDURANCE.

UPPER BODY AND CORE STRENGTH

- DUMBBELL BENCH PRESS – 3 SETS OF 8 REPS
AIM: IMPROVE UPPER BODY STRENGTH FOR RUNNING POSTURE.
- PULL-UPS (OR ASSISTED PULL-UPS) – 3 SETS OF 6-8 REPS
AIM: DEVELOP BACK STRENGTH FOR BETTER POSTURE.
- MED BALL ROTATIONAL SLAMS – 3 SETS OF 10 REPS PER SIDE
AIM: TRAIN CORE POWER AND STABILITY.
- PALLOF PRESS WITH BAND – 3 SETS OF 12 REPS PER SIDE
AIM: ENHANCE ANTI-ROTATIONAL CORE STRENGTH.
- DEAD BUG CORE DRILL – 2 SETS OF 10 REPS PER SIDE
AIM: IMPROVE CORE COORDINATION AND STABILITY.

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- HIP FLEXOR STRETCH – 2 SETS OF 30 SECONDS PER SIDE
- HAMSTRING STRETCH WITH BAND – 2 SETS OF 30 SECONDS PER SIDE
- SINGLE-LEG BALANCE DRILLS – 2 SETS OF 1 MINUTE PER LEG

WEEK 5: PEAK STRENGTH AND RECOVERY

GOALS: MAXIMIZE STRENGTH GAINS AND ALLOW FOR RECOVERY. THIS WEEK ALLOWS YOUR BODY TO CONSOLIDATE THE STRENGTH AND POWER DEVELOPED OVER THE PREVIOUS WEEKS WHILE REDUCING OVERALL TRAINING STRESS. THE RECOVERY FOCUS ENSURES YOU ARE PRIMED FOR THE NEXT PHASE OF TRAINING, WHETHER THAT INVOLVES INCREASING MILEAGE, FOCUSING ON SPEED WORK, OR PREPARING FOR A RACE.

STRENGTH MAINTENANCE

- FRONT SQUATS – 3 SETS OF 6 REPS
COACHING TIP: KEEP YOUR CHEST LIFTED AND KNEES TRACKING OVER TOES TO ENGAGE YOUR CORE AND QUADS EFFECTIVELY.
- BULGARIAN SPLIT SQUATS – 3 SETS OF 8 REPS PER LEG
COACHING TIP: FOCUS ON BALANCE AND A CONTROLLED DESCENT TO TARGET STABILIZING MUSCLES.
- POWER SKATER HOPS – 3 SETS OF 10 REPS PER SIDE
COACHING TIP: LAND SOFTLY AND STABILIZE FOR A SECOND BEFORE MOVING TO THE NEXT HOP.
- HOLLOW BODY HOLD – 3 SETS OF 30 SECONDS
COACHING TIP: PRESS YOUR LOWER BACK INTO THE FLOOR AND EXTEND YOUR ARMS AND LEGS TO CREATE TENSION.

STANDING CALF RAISES – 2 SETS OF 20 REPS

FUNCTIONAL CORE AND RECOVERY

- DUMBBELL OVERHEAD PRESS – 3 SETS OF 8 REPS
- TRX ROWS (OR DUMBBELL ROWS) – 3 SETS OF 10 REPS
- FARMER'S CARRY WITH DUMBBELLS – 3 SETS OF 30 SECONDS
- SIDE PLANK WITH HIP DIPS – 2 SETS OF 12 REPS PER SIDE
- FOAM ROLLING AND STRETCHING – 10 MINUTES

MOBILITY & STABILITY ROUTINE

- PIGEON POSE STRETCH – 2 SETS OF 30 SECONDS PER SIDE
- QUAD STRETCH WITH WALL SUPPORT – 2 SETS OF 30 SECONDS PER SIDE
- BALANCE DRILLS WITH EYES CLOSED – 2 SETS OF 30 SECONDS PER LEG