

## **STRENGTH TRAINING FOR RUNNERS (WITHOUT EQUIPMENT)**

1. Front Plank
2. Reverse Lunge
3. Side Plank
4. Push – ups
5. One leg dead lifts
6. Superman's
7. Side to side hops with soft landing
8. Inverted row, pull-ups or some rows variation for posture
9. Gluts Bridge/ wall sit alternating legs – hold 60-69 seconds

### **INSTRUCTION**

- **2-3X WEEK**
- **Minimal or no rest in-between exercises**
- **2 minute rest after 1 circuit**
- **Perform 2-3 circuits**
- **Exercises that require hold and build to 30 sec (planks, wall sits)**
- **Exercises that require repetition 12-16 reps, then increase when easy**
- **Focus on quality technique = check youtube for demo or email me for instructions.**