

BODYWEIGHT STRENGTH TRAINING CIRCUIT

1. Front Plank
 2. Front Squat
 3. Y T W
 4. Side Plank
 5. Glute Bridge
 6. Push-ups
 7. Reverse Lunge
 8. Chair dips
 9. Side to side hops with soft landing or wall sit
 10. One leg body weight dead lift
- 2-3x week, 2-3 cycles thru. Complete 10 exercises with no break.
 - Rest 1 minute after each cycle
 - Perform before or after run.
 - Not day before real long runs
 - Review technique video on [Body builder.com](http://Bodybuilder.com) if needed
 - Reps 10-20, planks build to 90= seconds
 - This is a basic, yet safe and effective program
 - It will decrease injury rate, increase running performance and increase overall strength.