

Strength Training Program for Runners

How to Use:

Track weights used in blank spots under each weight. logging is super important to training and will keep you on track

Movement Notes		Exercise	Week 1 Weights	Week 2 Weights	Week 3 Weights	Week 4 Weights	Week 5 Weights
Warm Up Movements	1A	Lateral Stepdowns	2x8 each 2x10	2x8 each 2x10	2x8 each 2x10	2x8 each 2x10	2x8 each 2x10
*Same # with a different letter = superset!	1B	No Money's	2x8 each 2x10	2x8 each 2x10	2x8 each 2x10	2x8 each 2x10	2x8 each 2x10
	2A	DB Bench	3x6-10	3x6-10	3x6-10	3x6-10	2x8
	2B	Single Arm DB Row	3x8 each	3x8 each	3x8 each	3x8 each	2x8 each
	3A	Pause Squat	4x6	4x6	4x6	4x6	3x5
	4A	Slider Curtsy Lunge	3x8 each	3x8 each	3x8 each	3x8 each	2x8 each
	4B	Seated Hamstring Curls	3x10-12	3x10-12	3x10-12	3x10-12	2x8-10
	5A	Dumbbell Lateral Raises	3x12	3x12	3x12	3x12	2x10
		Sleep (Hrs.)					
Jump Rope/Cardio		Fatigue (0-10)					
Movement Notes		Exercise	Week 1 Weights	Week 2 Weights	Week 3 Weights	Week 4 Weights	Week 5 Weights
Warm Up Movements	1A	Foam Roller Hip Hike	2x8 each 2x10 each	2x8 each 2x10 each	2x8 each 2x10 each	2x8 each 2x10 each	2x8 each 2x10 each
	1B	Shoulder Tap Planks	2x8 each 2x10 each	2x8 each 2x10 each	2x8 each 2x10 each	2x8 each 2x10 each	2x8 each 2x10 each
	2A	DB Military Press	3x6-10	3x6-10	3x6-10	3x6-10	2x8
	2B	Lat Pulldown or Pullup	3x8-10	3x8-10	3x8-10	3x8-10	2x8
	4A	Bulgarian Split Squat	3x8 each	3x8 each	3x8 each	3x8 each	2x8 each
	4B	Single Leg RDL	3x8 each	3x8 each	3x8 each	3x8 each	2x8 each
	5A	Single Leg Calf Raises	3x10-12 each	3x10-12 each	3x10-12 each	3x10-12 each	2x8-10 each
	5B	Pallof Press + Rotation	3x12 each	3x12 each	3x12 each	3x12 each	2x10 each
Jump Rope/Cardio							

*By Following this program you accept all liability and responsibility for injury. 3DPT and its Staff are not liable for harm caused at any location while following these programs and it is advised you check with you physician before beginning any exercise program. The programmingshould not be utilized to improve any injury or illness.