

# HOME STRENGTH TRAINING ROUTINE FOR RUNNERS: DAY 2

**Note: Every exercise name can be clicked to view a video demonstration.**

## **Dynamic Warm-Up** ([Click here](#) to watch full demo)

Note: Complete 10-15 repetitions of each drill!

- Leg Swings (Forward/Backward)
- Leg Swings (Across/Out)
- Trunk Rotation
- Arm Swings
- Alternating Arm Swings
- In-Place Marching
- Pop & Float
- Line Hops: Double Leg 4-Square
- Line Hops: Single Leg 4-Square
- Vertical Jump & Stick
- Single Leg Vertical Jump & Stick

## **Strength Training: Group #1 Exercises** ([Click here](#) to watch full demo)

Note: Complete 2-3 sets of 10 repetitions per exercise! And, 30 seconds for the bridge.

- Piston Squats
- Eccentric Push-Up or Push-Up
- Dead Bug or Bent Legs Lowering

## **Strength Training: Group #2 Exercises** ([Click here](#) to watch full demo)

Note: Complete 2-3 sets of 10 repetitions per exercise! And, 30 seconds for the planks.

- Single Leg Reaching Deadlift or Standing Airplane
- Bent Over T
- High Plank or High Plank with Alt. Shoulder Taps

## **Strength Training: Group #3 Exercises** ([Click here](#) to watch full demo)

Note: Complete 2-3 sets of 5-10 repetitions per exercise!

- Triplanar Lunge
- Eccentric Tricep Press-Up or Tricep Press-Up
- Rotational Planks

## **Cool Down/Flexibility** ([Click here](#) to watch full demo)

Note: Complete each drill for 30-60 seconds each!

- Overhead Lat & Tricep Stretch
- Upper Trapezius Stretch
- Couch Stretch
- Standing Hip External Rotation Stretch
- Crocodile Breathing

**[Click here](#) to watch the entire Day 2 Strength Training Routine**