

HOME STRENGTH TRAINING

ROUTINE FOR RUNNERS

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)
- Arm Swings
- Alternating Arm Swings
- Tall Kneeling Trunk Rotation
- Arm Swings
- Alternating Arm Swings
- In-Place Marching
- Pop & Float
- Line Hops: Double Leg Lateral
- Vertical Jump & Stick
- Medial to Lateral Jumps

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.

- Split Squat
- Eccentric Push-Up or Push-Up
- Hip Bridge or Hip Bridge with Marching

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

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

- Step Ups or Continuous Step Ups
- Dips with Knees Bent or Dips with Knees Straight
- Modified Lateral Elbow Stabilization or Lateral Elbow Stabilization

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

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

- Lateral Squats or Alternating Lateral Lunges
- Bent Over TYI's
- Front Plank or Body Saw

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

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

- Wall or Doorway Pec Stretch
- 1/2 Kneeling Hip Flexor Stretch
- Spiderman Lunge with Rotation
- Pigeon Stretch
- Downward Facing Dog
- Crocodile Breathing