

RUN STRONG

STRENGTH TRAINING
FOR RUNNERS



Thanks for checking out the **RunStrong** Programme

This programme has been designed using a minimal dose approach. That means it is purposely low volume in order to avoid muscular soreness but adequate amounts of work to make a difference.

Runners hate nothing more than other activities ruining their runs!

This is an introductory strength programme that will expose you to progressive lower body and core focused exercise.

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The specific exercises have been chosen in order to get the body adapted to various types of training, such as strength movements, jumping and plyometrics.

Using these different types of stimulus will result in building muscular & tendon/ligament strength, helping to build running efficiency and injury resistance.

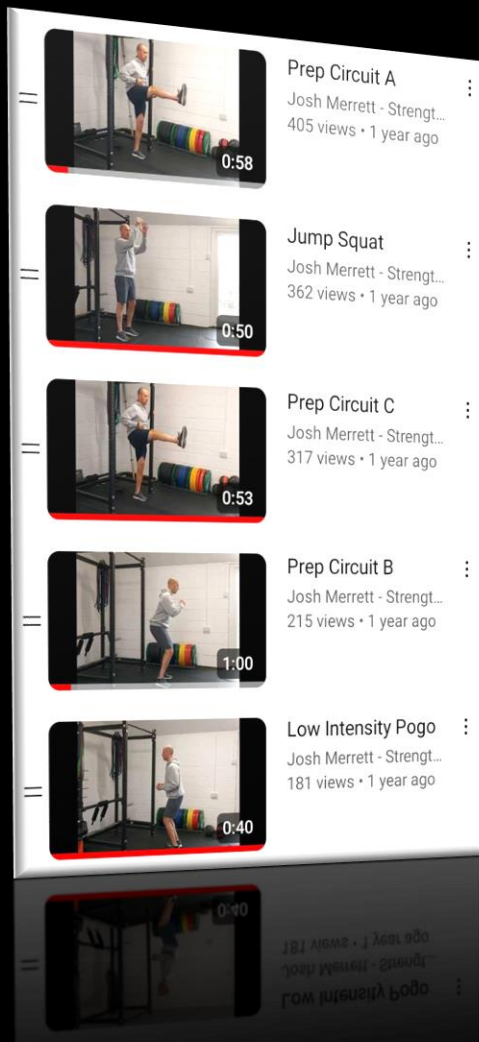
The reps, sets and intensities are a guide, if you are more experienced feel free to add reps or sets and many of the exercises can be modified with weight if required.

The RunStrong Programme:

Provided is a 12 week training schedule comprised of 2 bodyweight sessions per week.

This means anyone can complete these sessions and complete them pretty much anywhere.

Each session should only take 20-30 minutes to complete and are designed so they won't introduce large amounts of fatigue and soreness.



Things to look out for:

RPE (rate of perceived exertion), basically an estimate of how hard you are working. (RPE 6 = 60% effort)

Video Tutorials are attached to each exercise, simply click on the writing and it will take you to a short YouTube clip.

Supersets will appear throughout the programme, this means completing 1 set of each exercise without a break. You rest after the 2nd exercise (these are marked with a line connecting the exercise names & a letter/number – F1-F2)

Reps/Time, some exercises will use reps and some will use time so 3 x 20 = 3 sets of 20 reps, where as 3 x 20s = 3 sets of 20 seconds work.

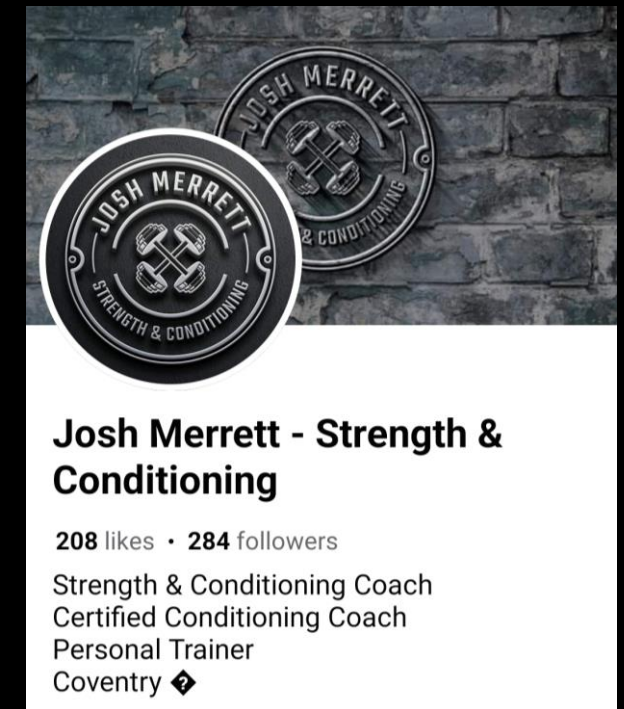
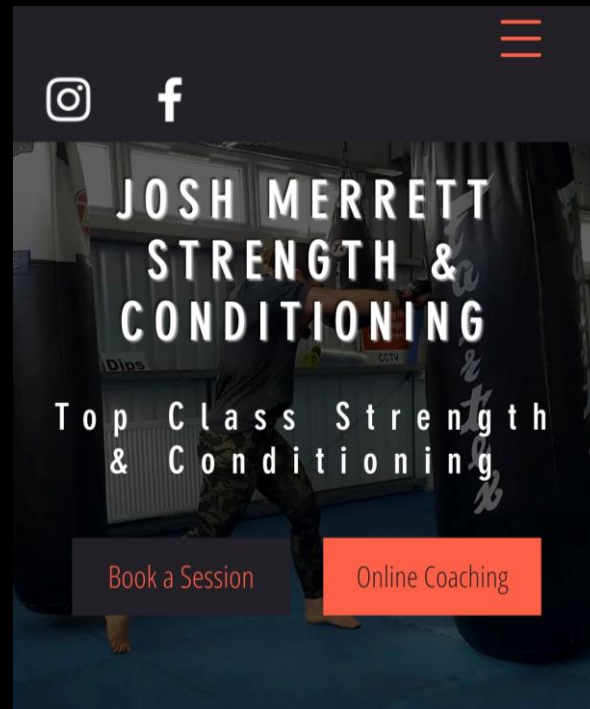
Rest will be generally 60-90s between sets

(B) **Low Intensity Pogo**
4 x 20s @ 5RPE
(C) **Broad Jump (JM)**
3 x 5 @ 6RPE

(F1) **Extensive Russian Twist**
4 x 20s
(F2) **High Plank Toe Taps (Run Strong)**
4 x 16

If you would like to take a look at my social media pages or have any questions please contact me by clicking on the images below:

I would **LOVE** to hear how you get on with this, please don't hesitate to get in touch.



Preparation Circuits

Each session will have a *preparation circuit*, these are a suggested warm up before completing the main exercises – look out for these at the top of the exercise list.

Preparation Circuit A

Circuit Details

- Single Leg Balance x 15s Each Leg
- Squat Sit x 10s
- Leg Swings (Linear) x 10
- Leg Swings (Lateral) x 10
- Standing Hamstring Curl x 10 Each Leg
- Rocking Calf Raises x 10

2-3 Rounds

Preparation Circuit B

Circuit Details

- knee Dips x 10 Each Leg
- Leg Swings (Linear) x 10
- Leg Swings (Lateral) x 10
- Squats x 8
- Tib Raises x 6 Each Leg (1-2 rounds)
- Rocking Calf Raises x 10

2-3 Rounds

Preparation Circuit C

Circuit Details

- Low Intensity Pogos x 20s
- Split Squats x 10 Each Leg
- Leg Swings (Linear) x 10 Each Leg
- Leg Swings (Lateral) x 10 Each Leg
- Bilateral Hamstring Bridge x 10
- Split Stance Calf Raises x 12 Each Side

2-3 Rounds

Preparation Circuit D

Circuit Details

- knee Dips x 10 Each Leg
- Reverse Lunge x 8 Each Leg
- Leg Swings (Lateral) x 10
- Squats x 10
- Tib Raises x 10 Each Leg
- Hand Assisted Pogos x 10

2-3 Rounds

Preparation Circuit E

Circuit Details

- Linear Pogos x 10
- Split Squats x 8 Each Leg
- Leg Swings (Lateral) x 10 Each Leg
- Sumo Squats x 8
- SL RDL x 6 Each Side
- Split Stance Calf Raises x 10 Each Side

2-3 Rounds

Preparation Circuit F

Circuit Details

- knee Dips x 10 Each Leg
- Forward Lunge x 8
- Leg Swings (Lateral) x 10
- Pause Squats x 8
- Tib Raises x 10 Each Leg
- Hand Assisted Pogos x 12

2-3 Rounds



12 Week Program

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

WEEK 1



Run Strong - 1A



- (A) **Preparation Circuit A**
- (B) **Low Intensity Pogo**
4 x 20s @ 5RPE
- (C) **Broad Jump (JM)**
3 x 5 @ 6RPE
- (D) **Split Squat (Run Strong)**
3 x 8
- (E) **Bilateral Hamstring Bridge**
3 x 8
- (F) **Side Plank (Run Strong)**
3 x 15s
- (G) **Deadbug Foot Down (Leg Only)**
3 x 10
- (H) **Bird Dog (Legs Only)**
3 x 10



Run Strong - 1B



- (A) **Preparation Circuit B**
- (B) **Pause Squat Jumps**
3 x 5 @ 4RPE
- (C) **Sumo Box Squats**
3 x 8
- (D) **Alternating Reverse Lunge**
3 x 12
- (E) **Standing Core Rotations**
3 x 20
- (F) **High Plank (Run Strong)**
4 x 20s
- (G) **Lying Hip Rotations**
3 x 16



12 Week Program

DAY 1

DAY 2

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DAY 4

DAY 5

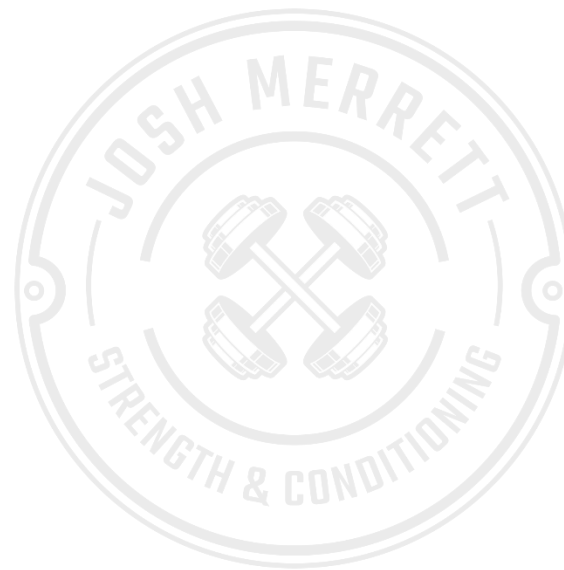
WEEK 2



Run Strong - 2A



- (A) **Preparation Circuit A**
- (B) **Low Intensity Pogo**
3 x 30s @ 5RPE
- (C) **Broad Jump (JM)**
3 x 5 @ 7RPE
- (D) **Split Squat (Run Strong)**
3 x 10
- (E) **Bilateral Hamstring Bridge**
3 x 10
- (F) **Side Plank (Run Strong)**
3 x 25s
- (G) **Deadbug Foot Down (Leg Only)**
3 x 10
- (H) **Bird Dog (Legs Only)**
3 x 10



Run Strong - 2B



- (A) **Preparation Circuit B**
- (B) **Pause Squat Jumps**
3 x 5 @ 6RPE
- (C) **Sumo Box Squats**
4 x 8
- (D) **Alternating Reverse Lunge**
3 x 16
- (E) **Standing Core Rotations**
3 x 30
- (F) **High Plank (Run Strong)**
5 x 20s
- (G) **Lying Hip Rotations**
3 x 16



12 Week Program

DAY 1

DAY 2

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DAY 5

WEEK 3



Run Strong - 3A



- (A) **Preparation Circuit A**
- (B) **Hand Assisted Pogos**
3 x 15 @ 5RPE
- (C) **Broad Jump (JM)**
4 x 3 @ 8RPE
- (D) **Pause Split Squats**
4 x 6
- (E) **Bilateral Hamstring Bridge**
4 x 8
- (F) **Side Plank (Run Strong)**
4 x 25s
- (G) **Deadbug Foot Down (Arm & Leg)**
3 x 10
- (H) **Alternating Bird Dog**
3 x 16



Run Strong - 3B



- (A) **Preparation Circuit B**
- (B) **Jump Squats**
3 x 5 @ 6RPE
- (C) **Sumo Speed Box Squats**
5 x 6
- (D) **Alternating Forward Lunge**
3 x 16
- (E) **Kneeling Core Rotations**
3 x 12
- (F) **High Plank (Run Strong)**
4 x 30s
- (G) **Rotational Pogos**
4 x 20



12 Week Program

DAY 1

DAY 2

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DAY 4

DAY 5

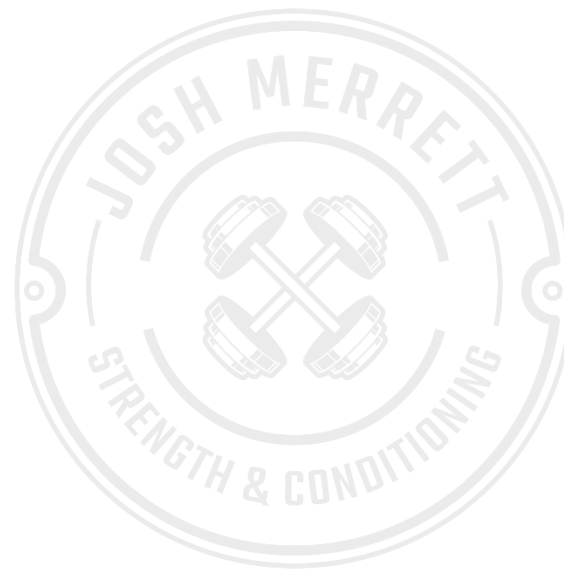
WEEK 4



Run Strong - 4A



- (A) **Preparation Circuit A**
- (B) **Hand Assisted Pogos**
3 x 20 @ 60RPE
- (C) **Broad Jump (JM)**
4 x 3 @ 8RPE
- (D) **Pause Split Squats**
4 x 6
- (E) **Bilateral Iso Hamstring Bridge**
3 x 6
- (F) **Side Plank (Run Strong)**
4 x 30s
- (G) **Deadbug Foot Down (Arm & Leg)**
3 x 12
- (H) **Alternating Bird Dog**
3 x 16



Run Strong - 4B



- (A) **Preparation Circuit B**
- (B) **Jump Squats**
3 x 5 @ 7RPE
- (C) **Sumo Speed Box Squats**
5 x 6
- (D) **Alternating Forward Lunge**
3 x 20
- (E) **Kneeling Core Rotations**
3 x 5
- (F1) **Plank (Run Strong)**
4 x 30s
- (F2) **Rotational Pogos**
4 x 20



12 Week Program

DAY 1

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DAY 5

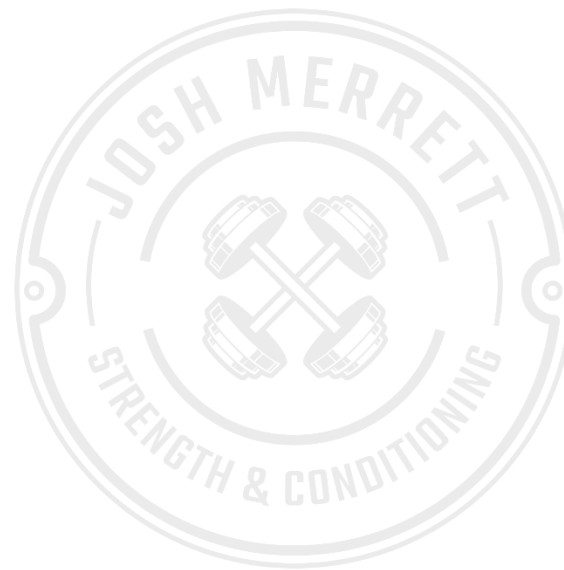
WEEK 5



Run Strong - 5A



- (A) **Preparation Circuit C**
- (B) **Hand Assisted Pogos**
3 x 20 @ 7RPE
- (C) **RFE Split Squats**
3 x 8
- (D) **Bilateral Iso Hamstring Bridge**
4 x 6
- (E) **Side Plank Lifts**
3 x 8s
- (F) **Deadbug Feet Up (Arm & Leg)**
3 x 8
- (G) **Alternating Bird Dog**
3 x 20



Run Strong - 5B



- (A) **Preparation Circuit D**
- (B) **Jump Squats**
4 x 3 @ 8RPE
- (C) **Sumo Speed Box Squats**
5 x 6
- (D) **SL RDL**
3 x 6
- (E) **Split Stance Core Rotations**
4 x 10
- (F1) **Plank (Run Strong)**
5 x 30s
- (F2) **Rotational Pogos**
5 x 20
- (G) **Copenhagen Plank (Iso)**
3 x 6s



12 Week Program

DAY 1

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DAY 5

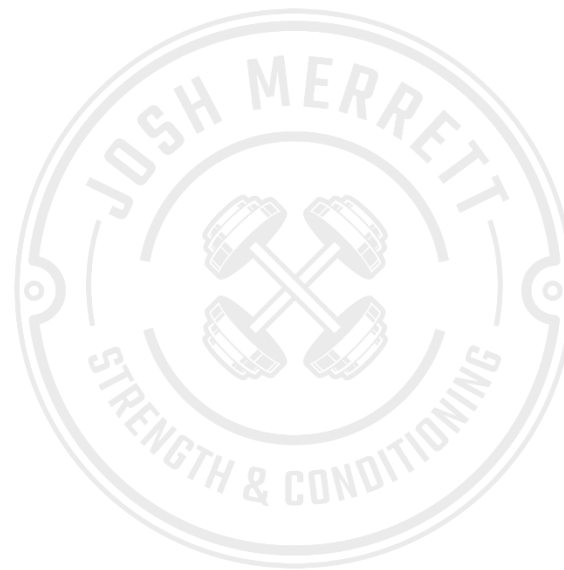
WEEK 6



Run Strong - 6A



- (A) **Preparation Circuit C**
- (B) **Linear Pogos**
3 x 20 @ 7RPE
- (C) **RFE Split Squats**
3 x 10
- (D) **Bilateral Iso Hamstring Bridge**
3 x 8
- (E) **Side Plank Lifts**
3 x 10s
- (F) **Deadbug Feet Up (Arm & Leg)**
3 x 10
- (G) **Bird Dog (Single Side)**
3 x 10



Run Strong - 6B



- (A) **Preparation Circuit D**
- (B) **Hand Assisted Pogos**
3 x 20 @ 8RPE
- (C) **Extensive Jump Squats**
3 x 8
- (D) **Tempo Squats**
4 x 6 @ 3s
- (E) **SL RDL**
3 x 8
- (F) **Split Stance Core Rotations**
4 x 12
- (G) **Plank (Run Strong)**
4 x 45s
- (H) **Copenhagen Plank (Iso)**
3 x 8s



12 Week Program

DAY 1

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WEEK 7



Run Strong - 7A



- (A) Preparation Circuit C
- (B) Linear Pogos
3 x 20 @ 8RPE
- (C) RFE Split Squats
4 x 8
- (D) SL Hamstring Bridge
3 x 8
- (E) Side Plank Lifts
4 x 10s
- (F) Deadbug Feet Up (Arm & Leg)
3 x 12
- (G) Bird Dog (Single Side)
3 x 12



Run Strong - 7B



- (A) Preparation Circuit D
- (B) Hand Assisted Pogos
3 x 20 @ 9RPE
- (C) Extensive Jump Squats
3 x 8
- (D) Tempo Squats
4 x 6 @ 3s
- (E) SL RDL to Knee Drive
3 x 6
- (F1) Split Stance Core Rotations
4 x 15
- (F2) High Plank Toe Taps (Run Strong)
4 x 10
- (G) Copenhagen Plank (Iso)
4 x 10s



12 Week Program

DAY 1

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WEEK 8



Run Strong - 8A



- (A) **Preparation Circuit C**
- (B) **Linear Pogos**
3 x 20 @ 9RPE
- (C) **Split Squat Jumps (Run Strong)**
4 x 3 @ 6RPE
- (D) **SL Hamstring Bridge**
3 x 8
- (E) **Rotating Side Plank**
4 x 6
- (F1) **Alternating Deadbug**
3 x 12
- (F2) **Bird Dog (Single Side)**
3 x 10



Run Strong - 8B



- (A) **Preparation Circuit D**
- (B) **Hand Assisted Pogos**
3 x 20 @ 10RPE
- (C) **CMJ**
3 x 5 @ 7RPE
- (D) **Pause/Speed Squats**
4 x 5 @ 1s
- (E) **Extensive Russian Twist**
4 x 15s
- (F) **High Plank Toe Taps (Run Strong)**
4 x 12
- (G) **Copenhagen Plank (Iso)**
4 x 12s



12 Week Program

DAY 1

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WEEK 9



Run Strong - 9A



- (A) **Preparation Circuit E**
- (B) **Lateral Pogos**
3 x 20 @ 8RPE
- (C) **Split Squat Jumps (Run Strong)**
4 x 3
- (D) **SL Hamstring Bridge**
3 x 10
- (E) **Rotating Side Plank**
4 x 8
- (F1) **Alternating Deadbug**
3 x 20
- (F2) **Bird Dog (Single Side)**
3 x 10



Run Strong - 9B



- (A) **Preparation Circuit F**
- (B) **Linear Hops (Run Strong)**
3 x 10
- (C) **CMJ**
4 x 3 @ 8RPE
- (D) **Pause/Speed Squats**
4 x 6 @ 1s
- (E) **SL RDL**
3 x 6
- (F1) **Extensive Russian Twist**
4 x 20s
- (F2) **High Plank Toe Taps (Run Strong)**
4 x 16



12 Week Program

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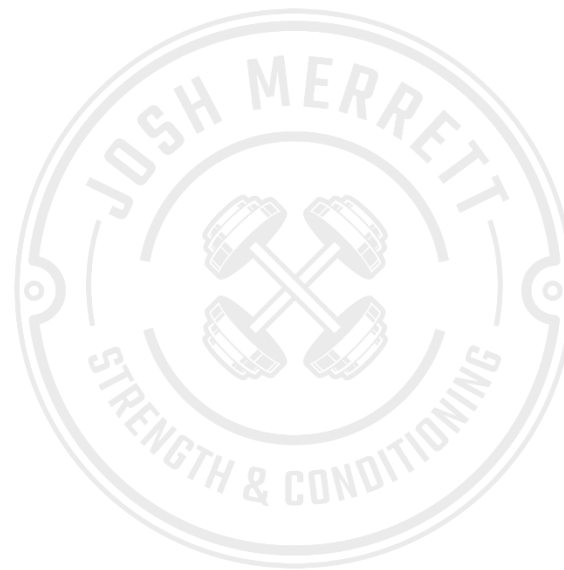
WEEK 10



Run Strong - 10A



- (A) **Preparation Circuit E**
- (B) **Lateral Pogos**
3 x 20 @ 9RPE
- (C) **Split Squat Jumps (Run Strong)**
4 x 3 @ 7RPE
- (D) **SL Iso Hamstring Bridge**
3 x 6 @ 1s
- (E) **Rotating Side Plank**
3 x 12



Run Strong - 10B



- (A) **Preparation Circuit F**
- (B) **Linear Hops (Run Strong)**
3 x 12
- (C) **CMJ**
3 x 3 @ 9RPE
- (D) **Pause/Speed Squats**
5 x 5 @ 1s
- (E) **SL RDL to Knee Drive**
4 x 6
- (F1) **Extensive Russian Twist**
3 x 30s
- (F2) **High Plank Shoulder Taps**
3 x 10
- (G) **Copenhagen Lifts**
3 x 5



12 Week Program

DAY 1

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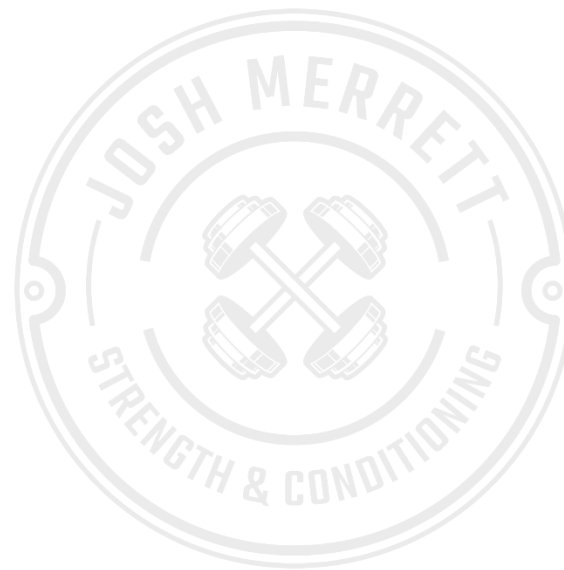
WEEK 11



Run Strong - 11A



- (A) **Preparation Circuit E**
- (B) **Zigzag Pogos**
3 x 20 @ 8RPE
- (C) **Broad Jump (JM)**
3 x 3 @ 9RPE
- (D) **Split Squat Jumps (Run Strong)**
4 x 3
- (E1) **Plank (Run Strong)**
3 x 60s
- (E2) **Side Plank Iso**
3 x 30s



Run Strong - 11B



- (A) **Preparation Circuit F**
- (B) **Lateral Hops (Run Strong)**
3 x 10
- (C) **Extensive CMJ**
3 x 6 @ 8RPE
- (D) **SL Iso Hamstring Bridge**
3 x 8 @ 1s
- (E1) **Lying Hip Rotations**
3 x 20
- (E2) **High Plank Shoulder Taps**
3 x 12
- (F) **Copenhagen Lifts**
4 x 5



12 Week Program

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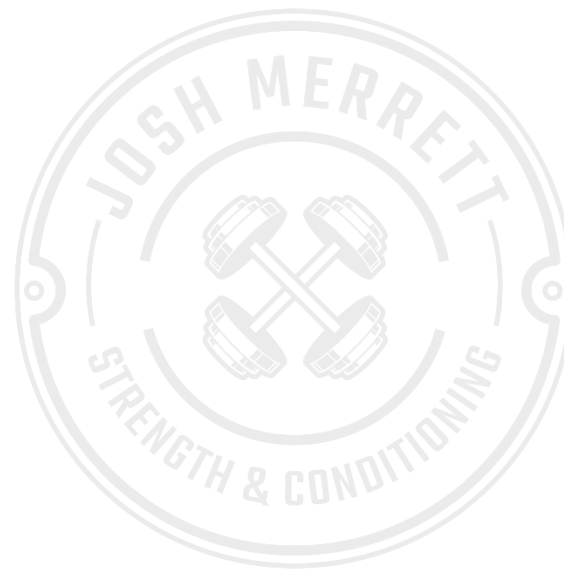
WEEK 12



Run Strong - 12A



- (A) **Preparation Circuit E**
- (B) **Zigzag Pogos**
3 x 20 @ 8RPE
- (C) **Broad Jump (JM)**
3 x 3 @ 10RPE
- (D) **Split Squat Jumps (Run Strong)**
3 x 3 @ 9RPE
- (E1) **Plank (Run Strong)**
3 x 60s
- (E2) **Side Plank (Run Strong)**
3 x 30s



Run Strong - 12B



- (A) **Preparation Circuit F**
- (B) **Lateral Hops (Run Strong)**
3 x 12
- (C) **Extensive CMJ**
3 x 6 @ 9RPE
- (D) **SL Iso Hamstring Bridge**
3 x 8 @ 1s
- (E1) **Lying Hip Rotations**
3 x 20
- (E2) **High Plank Shoulder Taps**
3 x 16