



















		Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:		
		Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	
TOP 10 STRENGTH EXERCISES FOR RUNNERS	10) Single Leg Hip Rotation - Band at Knees (Band)																			
	Sets: 3 Reps: 15																			
		Set 1																		
		Set 2																		
		Set 3																		
	9) Running Man (Suspension Trainer/TRX)																			
	Sets: 3 Reps: 15																			
		Set 1																		
		Set 2																		
		Set 3																		
8) Runner's Step Up (Barbell)																				
Sets: 3 Reps: 10																				
	Set 1																			
	Set 2																			
	Set 3																			
7) Sumo Squat (Barbell)																				
Sets: 3 Reps: 10																				
	Set 1																			
	Set 2																			
	Set 3																			
6) Split Squat (Barbell)																				
Sets: 3 Reps: 10																				
	Set 1																			
	Set 2																			
	Set 3																			
5) Deadlift Single Leg (Dumbbell)																				
Sets: 3 Reps: 10																				
	Set 1																			
	Set 2																			
	Set 3																			
4) Forward Lunge (Barbell)																				
Sets: 3 Reps: 10																				
	Set 1																			
	Set 2																			
	Set 3																			
3) Side Mini Squats Against Wall																				
Sets: 3 Reps: 15																				
	Set 1																			
	Set 2																			
	Set 3																			
2) Split Squat - Rear Foot Elevated (Dumbbells)																				
Sets: 3 Reps: 10																				
	Set 1																			
	Set 2																			
	Set 3																			
1) Single Leg Calf Raise																				
Sets: 3 Reps: 15																				
	Set 1																			
	Set 2																			
	Set 3																			

		Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:		
		Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	Rps	Wt	
CORE	Front Plank Arm+ Leg Lift																			
	Sets: 2 Reps: 10 each combo																			
		Set 1																		
		Set 2																		
	Leg Lowering Single Leg																			
	Sets: 2 Reps: 10 each side																			
		Set 1																		
	Set 2																			
Standing Core Activation + Hip Flexion (Band)																				
Sets: 2 Reps: 10 each side																				
	Set 1																			
	Set 2																			
Trunk Stability Rotation + Knee Squeeze																				
Sets: 2 Reps: 10 each side																				
	Set 1																			
	Set 2																			
'V' Plank to Toes (Ball)																				
Sets: 2 Reps: 10																				
	Set 1																			
	Set 2																			
MOBILITY	Thoracic Rotation - Half Kneeling (Stick)																			
	Sets: 2 Reps: 10 each side																			
		Set 1																		
		Set 2																		
Posterior Chain + Trunk Rotation Stretch																				
Sets: 2 Reps: 5 each side																				
	Set 1																			
	Set 2																			
Lunge and Twist																				
Sets: 2 Reps: 10 each side																				
	Set 1																			
	Set 2																			