

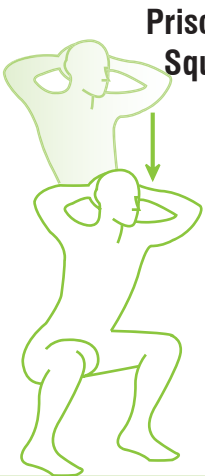
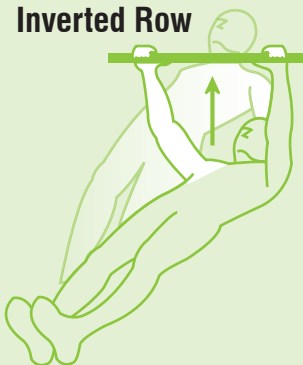
If you're not already involved in a strength training program, get ready to kick your results (in all areas of fitness, not just running) up a notch. **Strength training** is the one of the single most important non-running aspects of training that can help you become a faster, stronger, more efficient, injury-proof runner!


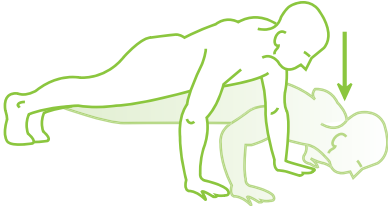



And ... it doesn't take hours in the gym, lifting heavy weights to reap the benefits. For runners, a comprehensive body weight program that takes as little as 20-30minutes, 3 times a week can make a world of difference. The following circuit is designed specifically to strengthen the muscles, joints, & ligaments that a runner uses most as well as balance out deficiencies in other areas.

We all want to feel, look, and perform better! Focusing on all components of fitness is the way to get there. Most importantly, in any strength program, practice **strict form** at all times through a full range of motion. Some of what I'm going to suggest may be new to you so be patient with yourself, use your coaches and have fun.

Runner's Bodyweight Circuit – PHASE 1 (NOVICE base builder)

Perform the following exercises in order completing each move with strict form with very little rest between each. Once you've completed the entire circuit, repeat up to 3 times.

Exercise	Reps / Sets	Description
 <p>Prisoner Squat</p>	<p>20 Reps</p>	<p>Place feet comfortably shoulder width apart (do what feels best to you) and hands behind your head or straight out in front of your chest.* Sit down as low as you can (butt to heels) and slowly press back up to standing. Maintain a lifted chest.</p>
 <p>Inverted Row</p>	<p>10 Reps</p>	<p>Use a broomstick between 2 stools or chairs, a chin up bar, or TRX (what is available) and place hands in an overhand position slightly wider than shoulder width. Maintain elevated hips and pull your chest to the bar. Modify with bent legs if necessary.</p>

Exercise	Reps / Sets	Description
 <p>Single Leg Deadlift</p>	<p>10 Reps Each Leg</p>	<p>Maintain a neutral spine (no rounding), stand on one leg and tip from the hip as you push your glutes backward and reach for the floor. Press down through the heel to return to standing. Be careful to maintain squared hips – don't allow your floating leg to rotate towards the ceiling.</p>
 <p>Military Push Up</p>	<p>10 Reps</p>	<p>Begin in a high plank position (as shown) with a hollow body*. Hands slightly wider than shoulder width apart. Lower yourself toward the floor (chest should be 1-2" from the floor) and press back to starting position. Work from your knees if your form is suffering and progress to toes as you gain strength.</p>
 <p>Step Up</p>	<p>15 Reps Each Leg</p>	<p>Use a chair or bench and place one foot directly on top (ensure your heel is completely on the surface). Maintain an upright position (no leaning forward) and press through your top heel until you are standing on the bench before returning to the floor. Complete all reps on one leg before switching.</p>
 <p>Wall Slide</p>	<p>20 Reps</p>	<p>Stand against a wall with arms in "goal post" position (as shown). Your heels, glutes, shoulders, elbows, hands and head should all be touching. Maintain full contact (above) as you slide your arms up the wall until your elbows are straight (harder than it looks).</p>
 <p>Basic Plank</p>	<p>30-60 secs</p>	<p>Position yourself on your toes and elbows (as shown), maintain hollow body position* and hold while drawing your navel towards your spine. May be performed from your knees if necessary.</p>

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* **Hollow Body Position** This simply means keeping your core engaged and shoulder blades separated. You want to avoid letting your core/hips "sag" during any of these exercises – videos will be provided!