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# STRENGTH TRAINING PROGRAM FOR RUNNING

*A basic eight week generic program.*

## GOALS

1. Improve overall strength.
2. Improve leg & hip strength for endurance.
3. Improve/maintain mobility.

## NOTES

1. Participants can alternate between the two programs.
2. To see results, ideally 3 sessions per week need to be completed.



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## WORKOUT ONE

### WARM UP

- Self myofascial release (SMR) or Foam Rolling
  - General
- Cat & Cow
- Downward Dog
- Dynamic 90 90
- T-spine rotations

### RESISTANCE/MOVEMENT TRAINING

Follow order and complete 3 rounds/sets. Choose weights that allow you to fatigue at 20 reps.

A1	Deadbugs	Weight: BW	Reps: 10+
A2	KB Deadlift	Weight:	Reps: 15-20
A3	SB Hamstring curls	Weight: BW	Reps: 10-20

B1	Lat pulldown	Weight:	Reps: 15-20	<b>REST 1 minute</b>
B2	Leg extension	Weight:	Reps: 15-20	
B3	Rotational side plank	Weight: BW	Reps: 8+ each	

### FLEXIBILITY

- Glute stretch
- Hamstring stretch
- Calf stretch
- Quad stretch



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## WORKOUT TWO

### WARM UP

- Self myofascial release (SMR) or Foam Rolling
  - General
- Cat & Cow
- Downward Dog
- Dynamic 90 90
- T-spine rotations

### RESISTANCE/MOVEMENT TRAINING

Follow order and complete 3 rounds/sets.

A1	Front Plank	Weight: BW	30 sec +
A2	Glute-Ham-Developer or Multi-hip machine	Weight:	Reps: 15-20
A3	Low Row	Weight:	Reps: 15-20

C1	Leg curl machine	Weight:	Reps: 15-20	REST 1 minute
C2	DB / Bench press	Weight:	Reps: 15-20	
C3	Lunges	Weight:	Reps: 15-20	

### FLEXIBILITY

- Glute stretch
- Hamstring stretch
- Calf stretch
- Quad stretch