

# DEC 13 '21 – FEB 4 '22 WINTER 1 HOUR STRENGTH CONDITIONING FOR DISTANCE RUNNERS!

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**WEIGHT TRAINING:** 2x week (Wed + Fri) after “hard” day workouts; partner up with someone of similar size/strength; switching with partner is your rest between reps, keeping form is more important than adding weight! Lift up 1-count, lower 3-count,

**CORE TRAINING:** 3x week (Mon + Wed + Fri) > build up to 4x week (add Sat/Sun); important to create a quick/efficient routine (6:00-7:00 total), keep moving and minimize breaks in between; progression should be going from 1 set > 2 sets (3:00 rest in between)

## (30 MINUTES) WEIGHT TRAINING / UPPER BODY ROUTINE:

**...Why? Because you shouldn't ignore your (SHOULDERS, ARMS, CHEST, BACK) and for strength, especially in arms to not “break form” when racing!**

- 1) **Pull-Ups:** Max effort, OK to use pull-up assist; start with 5 minimum / Progression: Work up to 10 with no assist
- 2) **Curls:** 10 reps x 3 sets, alternating arms / Progression: Gradually add weight
- 3) **Push Ups:** Max effort / Progression: Increase # of reps 10% each week
- 4) **Arm Swings:** Simulate running motion 10X each arm / Progression: Conservatively add weight
- 5) **Overhead Triceps Extension:** Behind head, 10 reps x 3 sets / Progression: Gradually add weight
- 6) **Bench Press:** 8-10 reps x 3 sets / Progression: Moderately add weight
- 7) **Shoulder/Military Press:** Above head, 10 reps x 3 sets / Progression: Conservatively add weight
- 8) **One Arm Bench Rows:** 8 reps x 3 sets, start arm bent 90°, pull up to chest / Progression: Moderately add weight

## (20 MINUTES) WEIGHT TRAINING / LOWER BODY ROUTINE:

**...Why? For power, explosiveness (more “lean” muscle mass in quads, glutes, lower legs and hamstrings), stability & injury prevention; strengthening ALL legs muscle sets with weights, will help you stay strong through the training rigors of a 14+ week season!**

- 1) **Squats:** 6 reps x 3 sets (Slow coming down, quicker up top...) / Progression: Moderately add weight
- 2) **Calf Raise:** 8 reps x 3 sets (Same as squats but lighter weight) / Progression: Conservatively add weight
- 3) **Bench Lunges:** 8 reps each leg x 3 sets (hold weight, step-up, lunge down) / Progression: Moderately add weight
- 4) **Dead Lifts:** 6 x 3 sets / Progression: Moderately add weight

**Dead Lift Form Ques:** 1) Start with middle of foot directly under barbell 1” away from shins (do NOT move the barbell from here) > feet hip width apart 2) Place hands on barbell with grip just outside of legs, don't bend knees too much when reaching down 3) Bring shins to the barbell, hips should be in good position 4) Squeeze chest out and up, this should flatten your back and straighten/take slack out of your arms (weight should feel “heavy in your hands”, drive knees a bit out towards arms, but don't “sit” in the hips 5) Lift or “drag” the barbell up your body (should be no space between body/barbell), finish standing tall with chest out



## (10 MINUTES) CORE ROUTINE:

**...Why? More important than weight training; helps balance & stabilization; keeps poster upright and prevent swaying or bending over when running. Progress by adding to frequency each week up to 4x week.**

**10:00 Routine** (rest :10 in between exercises): **1:00** Front Plank > **:30** Back Plank > **:30** R Side Plank > **:30** L Side Plank > **:45** Sit Up Crunches > **:45** Up/Down Flutters > **:45** Bicycle Crunch (elbow to opposite knee) > **:30** Mountain Climbers > **:45** Daisy Pickers > **:45** Double Leg Hip Bridge > **:30** R Side Plank Knee Raise > **:30** L Side Plank Knee Raise > **1:00** Front Plank

...Also, consider: 7:00 Ryan Trahan workout: <https://www.youtube.com/watch?v=M6VjIM4nMLo> (tough!)