



**Strength Training For Runners  
Two Sessions per Week Program**

**Warm-Up**

*Myofascial Release*

1. [Whole Body Foam Rolling](#) x10 rolls each area

*Mobility*

1. [Side Lying Rib Roll](#) x5/side
2. [Spiderman](#) x5/leg
3. [Stick Shoulder Mobility Series](#) x5 each
4. [Half Kneeling Ankle Rock](#) x5 per leg

*Movement Efficiency*

1. [Hip Press](#) x5
2. [Prayer Squat](#) x5
3. [Lateral Split Squat](#) x5 per leg
4. [Isometric Push-Up Hold](#) x5 seconds
5. [Band Pull Apart Series](#) x5 each

*Movement Preparation*

1. [Knee to Chest Walk](#) x10 Yards
2. [Heel to Butt Walk](#) x10 Yards
3. [SLDL to Reverse Walk](#) x10 Yards
4. [Knee to Opposite Shoulder](#) x10 Yards
5. [Lateral Band Walks](#) x10 Yards each way
6. [Lateral Shuffle](#) x10 Yards each way
7. [Carioca](#) x10 Yards each way
8. [High Knee Run](#) x10 Yards

**Lift**

Day 1	Day 2
1. <a href="#">Forward Skips</a> 3x10 Yards	1. <a href="#">Lateral Skips</a> 2x10 Yards per Side
2a. <a href="#">Box Jumps</a> 3x5	2a. <a href="#">Lateral Bounds with Stick</a> 3x5 per side
2b. <a href="#">Tall Kneeling Chest Pass</a> 3x5	2b. <a href="#">Half Kneeling Side Pass</a> 3x5 per side
3a. <a href="#">Barbell Hip Hinge</a> 3x8	3a. <a href="#">Goblet Squat</a> 3x8
3b. <a href="#">TRX Row</a> 3x8	3b. <a href="#">Half Kneeling Cable Pull-Down</a> 3x8 per arm
3c. <a href="#">Ab Wheel Roll-Out</a> 3x8	3c. <a href="#">Wall Press Deadbug</a> 3x8 per leg
4a. <a href="#">Dumbbell Reverse Lunge</a> 3x8 per leg	4a. <a href="#">Single Leg Deadlift</a> 3x8 per leg
4b. <a href="#">Push-Up</a> 3x8	4b. <a href="#">DB Bent-Over Row</a> 3x8 per arm
4c. <a href="#">Tall Kneeling Pallof Press</a> 3x8/side	4c. <a href="#">Farmer Carry</a> 3x40 Yards
5a. <a href="#">Belt Buckle Stretch</a> x5 breaths per leg	5a. <a href="#">Bretzle Stretch</a> x5 breaths per leg
5b. <a href="#">Band Leg Lowering</a> x5 per leg	5b. <a href="#">Groin Rock</a> x5 per leg
5c. <a href="#">Pigeon Stretch</a> x5 breaths per leg	5c. <a href="#">Downward Dog</a> x5 breaths