

SWAP Strength Work Cheat Sheet

RAWR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before Training	Band work -10 to 20 side steps -10 to 20 monster walk -10 rearward walk -10 hurdle drills (optional) -10 glute extensions (optional) Leg swings -10 front-to-back -10 side-to-side	Band Work Lunge matrix -10 forward lunges -10 forward w/twist -10 rear lunges -10 side lunges -10 side/rear lunges Leg swings Partial wake-up legs -light butt kicks -4 x high knees -1-2 min SLOW jog	Band work Lunge matrix Leg swings Partial wake-up legs	Band work Lunge matrix Leg swings Partial wake-up legs	Band work Leg swings	Band work Lunge matrix Leg swings Partial wake-up legs	Band work Lunge matrix Leg swings Partial wake-up legs
General Training Plan (adjust strength based on changes in plan)	Rest! Walking and light activity is great, but no structured training Rest day routine Importance of rest	Easy run and strides! Hill strides Flat strides Base building easy runs	Workout! Optional double or x-train Why faster is not always better Doubles	Easy run and/or cross train/optional double Cross training approach	Very easy run or x-train or rest Easy shuffles	Long run with optional workout Adaptations with less distance Importance of fueling	Easy run and strides and/or x-train/double
Directly After Training	Light stretching (always optional) -optional stretching of hamstrings, quads, calves, feet via child's pose, piriformis via figure-four	Activation -10 rear lunges -10 side lunges -5 to 10 leg swings front-to-back and side-to-side Light stretching optional	Activation Light stretching optional	Activation Light stretching optional	Light stretching optional	Activation Light stretching optional	Activation Light stretching optional

Leg Strength After Run or Later in Day	none	none	Mountain legs -20 to 50 single-leg rear lunges -30 to 100 single-leg step-ups	Speed Legs (weight optional. As you build, may increase weight substantially) -10 alternating rear lunges -10 Bulgarian split squats -10 single-leg deadlifts OR deadlift to above-head press OR increased weight rear lunges -10-20 goblet squats OR bar squats -20-50 single-leg step-ups	none	Mountain legs	Speed legs
Mobility After Run or Later in Day	none	Myrtl condensed -10 clams -10 lateral leg raise -10 donkey kicks -10 hurdle forward -10 hurdle rear	Myrtl condensed	Myrtl condensed	none	Myrtl condensed	Myrtl condensed
Upper Body/Core Work After Run or Later in Day	Basic upper-body/core circuit -1-3 sets of push-ups and/or pull-ups -1-3 sets of Russian twists between -1-3 sets optional bicycle crunches	none	Basic circuit	Basic circuit	none	Basic circuit	Basic circuit
Self-Care	Foam rolling and/or percussive massage -Quads, Calves, Hamstrings, Glutes, Low back Treat yo'self	Foam rolling and/or percussive massage Treat yo'self	Foam rolling and/or percussive massage Treat yo'self	Foam rolling and/or percussive massage Treat yo'self	Foam rolling and/or percussive massage Treat yo'self	Foam rolling and/or percussive massage Treat yo'self	Foam rolling and/or percussive massage Treat yo'self

Most Important Message

YOU ARE AMAZING!