

## The Time-Crunched Runner's Weekly Strength and Mobility Plan

RAWR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Before Training</b>	<a href="#">Band work</a> -10 side steps -10 monster walk -10 rearward walk  <a href="#">Leg swings</a> -10 front-to-back -10 side-to-side	Band Work  Leg swings  4 x <a href="#">high knees</a> (5 sec each)	Band work  Leg swings  4 x high knees	Band work  Leg swings  4 x high knees	Band work  Leg swings	Band work  Leg swings  4 x high knees	Band work  Leg swings  4 x high knees
<b>General Training Plan</b>	Rest!	Easy run and strides!	Workout! Optional double or x-train	Easy run and/or cross train/optional double	Very easy run or x-train or rest	Long run with optional workout	Easy run and strides and/or x-train/double
<b>Directly After Training</b>	<a href="#">Light stretching</a> -optional stretching of hamstrings, quads, calves, feet via child's pose, piriformis via figure-four	Leg swings  Light stretching optional	Leg swings  <a href="#">Mountain legs</a> -10 to 20 single-leg rear lunges -30 to 100 single-leg step-ups  Light stretching optional	Leg swings  Mountain legs  Light stretching optional	Light stretching optional	Leg swings  Mountain legs  Light stretching optional	Leg swings  Mountain legs  Light stretching optional
<b>Upper Body/Self-care After Run or Later in Day</b>	<a href="#">Basic upper-body/core circuit</a> -1 set of push-ups -1 set of pull-ups or chin-ups  <a href="#">Foam rolling</a> and/or <a href="#">percussive massage</a> -Quads, Calves, Hamstrings, Glutes, Low back	Basic circuit	Basic circuit	Basic circuit	Basic circuit	Basic circuit	Basic circuit

