

Total Running Solution Strength Training for Runners

Section 1: Plyometrics

Split Squat Oscillations

Purpose: Reactive strength

Benefits: Improves coordination

How: Pulse in lunge

Sets: 3x5/leg

Single-Leg Pogo Hops

Purpose: Ankle stiffness

Benefits: Improves turnover

How: Quick hops

Sets: 2-3x20

Box Drop Jumps

Purpose: Eccentric control

Benefits: Improves landing

How: Step off and absorb

Sets: 3x5

Section 2: Strength Lifts

Bulgarian Split Squats

Purpose: Unilateral strength

Benefits: Improves stride

How: Rear foot elevated

Sets: 3x5

Nordic Hamstring Curls

Purpose: Hamstring strength

Benefits: Prevents injury

How: Lean forward slow

Sets: 3x3

Reverse Nordics

Purpose: Quad strength

Benefits: Improves knee health

How: Lean back

Sets: 3x12

Hex Bar Deadlift

Purpose: Total strength

Benefits: Builds posterior chain

How: Lift controlled

Sets: 3x5

Straight-Leg Calf Raises

Purpose: Calf strength

Benefits: Improves economy

How: Raise toes

Sets: 3x5

Bent-Leg Calf Raises

Purpose: Soleus strength

Benefits: Improves endurance

How: Bent knee raise

Sets: 3x5

Sit-to-Stand

Purpose: Functional strength

Benefits: Improves mechanics

How: Stand from chair

Sets: 3x5

Section 3: Core

Copenhagen Plank

Purpose: Adductor strength

Benefits: Prevents injury

How: Side plank bench

Sets: 3x10

Standing Clamshell

Purpose: Glute med

Benefits: Stability

How: Band push

Sets: 3x12

Band Walks

Purpose: Hip strength

Benefits: Knee tracking

How: Side steps

Sets: 3x10

Side Plank

Purpose: Core stability

Benefits: Alignment

How: Hold side

Sets: 2x60s

Med Ball Mountain Climbers

Purpose: Dynamic core

Benefits: Coordination

How: Knee drives

Sets: 2x20

Section 4: Upper Body

Pull-Ups

Purpose: Back strength

Benefits: Posture

How: Pull to chin

Sets: 2xfail

Push-Ups

Purpose: Push strength

Benefits: Core

How: Lower/push

Sets: 2xfail

DB Rows

Purpose: Back strength

Benefits: Balance

How: Row on bench

Sets: 2x8