

TOTAL RUNNING SOLUTION

Strength Training for Runners

Section — Plyometrics

Split Squat Oscillations

Purpose: Reactive strength
Benefit: Improves coordination
How: Pulse in lunge position
Sets: 2x10-15 / leg

Single-Leg Pogo Hops

Purpose: Ankle stiffness
Benefit: Improves turnover
How: Quick, springy single-leg hops
Sets: 2-3x20

Box Drop Jumps

Purpose: Eccentric control
Benefit: Improves landing mechanics
How: Step off box and absorb landing
Sets: 3x5

Section — Strength Lifts

Bulgarian Split Squats

Purpose: Unilateral strength
Benefit: Improves stride power
How: Rear foot elevated on bench
Sets: 3x5

Nordic Hamstring Curls

Purpose: Hamstring strength
Benefit: Injury prevention
How: Lean forward slowly under control
Sets: 3x3

Reverse Nordics

Purpose: Quad strength
Benefit: Improves knee health
How: Lean back under control
Sets: 3x12

Hex Bar Deadlift

Purpose: Total body strength
Benefit: Builds posterior chain
How: Controlled lift from floor
Sets: 3x5

Single-Leg RDL

Purpose: Posterior chain strength
Benefit: Improves hip hinge & balance
How: Hinge at hip, flat back, weight in one hand
Sets: 3x5 / leg

Heavy Single-Leg Iso Calf Holds

Purpose: Isometric calf strength
Benefit: Builds tendon stiffness & force absorption
How: Single-leg hold at top of calf raise, loaded
Sets: 4x4 sec / leg

Straight-Leg Calf Raises

Purpose: Calf strength
Benefit: Improves running economy
How: Raise onto toes, full range
Sets: 3x5

Bent-Leg Calf Raises

Purpose: Soleus strength
Benefit: Improves endurance
How: Knee bent, raise onto toes
Sets: 3x5

Sit-to-Stand

Purpose: Functional strength
Benefit: Improves mechanics
How: Stand from chair, controlled
Sets: 3x5

Section — Core

Copenhagen Plank

Purpose: Adductor strength
Benefit: Injury prevention
How: Side plank with foot on bench
Sets: 3x10

Standing Clamshell

Purpose: Glute medius activation
Benefit: Hip stability
How: Resistance band push outward
Sets: 3x12

Band Walks

Purpose: Hip strength
Benefit: Knee tracking
How: Side steps with band
Sets: 3x10

Side Plank

Purpose: Core stability
Benefit: Alignment
How: Hold side plank position
Sets: 2x60s

Med Ball Mountain Climbers

Purpose: Dynamic core
Benefit: Coordination
How: Knee drives on med ball
Sets: 2x20

Section — Upper Body

Pull-Ups

Purpose: Back strength
Benefit: Posture improvement
How: Pull to chin, full hang
Sets: 2x failure

Push-Ups

Purpose: Push strength
Benefit: Core engagement
How: Lower chest, push up
Sets: 2x failure

DB Rows

Purpose: Back strength
Benefit: Muscular balance
How: Row on bench, controlled
Sets: 2x8