



STRENGTH TRAINING FOR RUNNERS 30-DAY CHALLENGE

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Strength training for runners 30 Day challenge

If you're a runner that knows you need to incorporate strength training into your workout schedule, but not sure how to fit it all in, I created the 30-day strength training for runners challenge for you.

I'll prove that you can get stronger, improve performance, and reduce the chance of injury with just a few minutes a day. If you want strength training to become a habit, then introducing it daily in small doses is the most effective way to get started.

We will begin with low-intensity moves to increase runner-specific strength. You can always increase the intensity as you get stronger, but for daily workouts to build a new habit, short low-intensity exercises are most effective.

There's almost no downside to starting small; if you are committed to making long-term changes, it will benefit you to start small and build slowly.

THE EQUIPMENT

You can do these workouts with minimal equipment. As you get stronger and more advanced, you will need to add weights to the exercises to progress, but to start, you can use your body weight and dumbbells. I am using a 15 lb dumbbell in most of these exercises. You can decrease or increase the weight based on your current fitness, but since this is a daily practice, it is essential to keep the intensity low to avoid over-training or injury.

Dumbbells

Foam Roller

THE TRAINING SCHEDULE

We'll cycle through four short circuit-style workouts each week, followed by a rest day. Each workout should take no more than 15- 20 minutes. Do all the exercises in succession with little to no rest between moves. Repeat the circuit 1-3 times per day, depending on time and any running workouts on your schedule. Remember, these exercises are not to replace your running workout schedule but complement it.

I recommend doing the exercises before you run. If you have a long run or a challenging interval workout, do the exercises one time through. If it is your rest day from running or if you have a short or easy run on the schedule, do the exercises in a circuit fashion up to four times. Finish with foam rolling to target any tight or overactive muscles.

THE EXERCISES

DAY 1 STRENGTH FOR RUNNERS

8-12 Bridge chest press

8-10 Weighted side lunges each leg

6-8 Static lunge with overhead rotation each leg

8-10 Plank rows each side

Day 2 STRENGTH FOR RUNNERS

8-12 Deadlifts

8-12 Squat to overhead press

8-10 Curtsy squat with chest press each leg

8-10 Plank to side plank each side

DAY 3 STRENGTH FOR RUNNERS

8-10 Single leg deadlift each leg

8-10 Front lunge with a twist each leg

8-10 Weighted side lunges each leg

8 Lift and chop each side

DAY 4 STRENGTH FOR RUNNERS

8-12 Squat to overhead press

8-10 Curtsy squat with chest press each side

10-12 Push-ups or incline push-ups

8-10 Bird dog each side (opposite arm and leg extended)