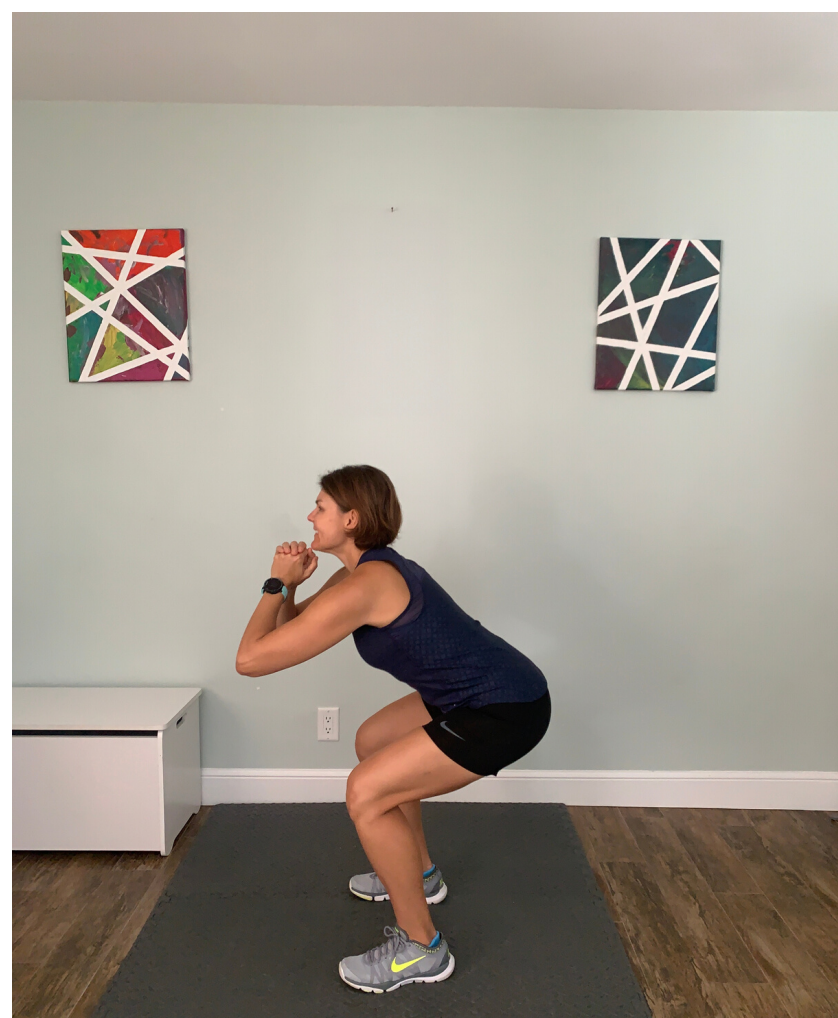




# STRENGTH CIRCUIT 1 FOR RUNNERS

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## STRENGTH TRAINING FOR RUNNERS



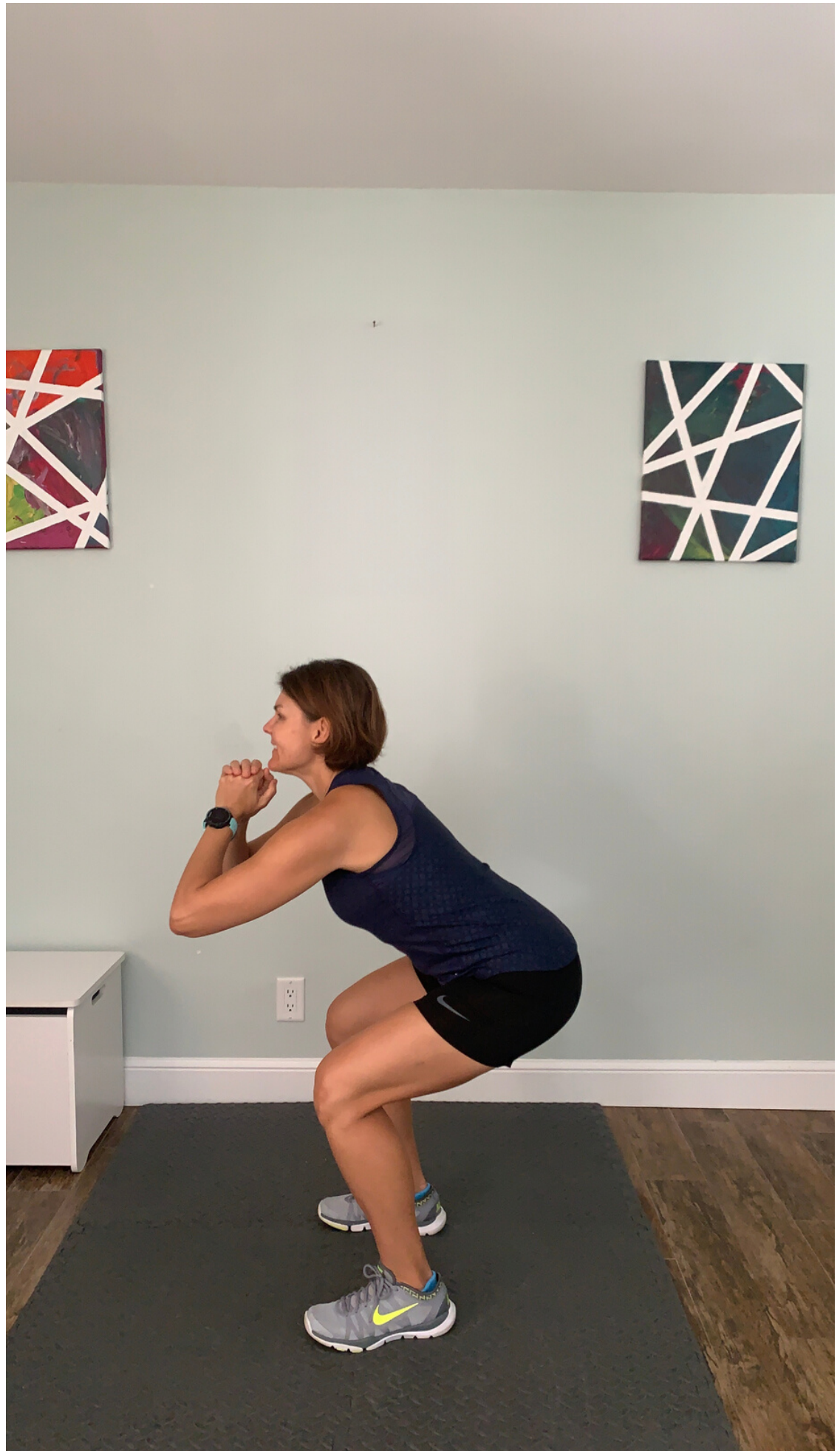
When people start out on their running journey, they may not realize the importance of strength training. They head out on a run and figure that they are doing all that they need to do and getting their workout in. This may work for a while. However, many times people start to experience aches and pains from running that may even make them question whether running is right for them.

The thing they may not realize is that runners need to do other things to strengthen their body and allow them to run successfully.

Strength training is an essential component to running strong and injury free. In this guide, we will show you some of the best and most basic exercises to help to improve your strength, stability, and mobility for running. We need to have strong muscles and mobile joints in order for us to progress our running and not get hurt. This guide is a great place to start. Perform one round of each exercise. As you get stronger, you can add rounds or repetitions/time to continue to challenge yourself.

# SQUAT 10X

Stand with your feet hip distance apart. Leading with your hips, start to bend your knees, pushing your hips back, pretending like you are sitting down in a chair behind you. Make sure that your knees are not jutting out in front of your toes. Return to standing. If it's more comfortable, you can keep your legs slightly wider than hip distance.



# REVERSE LUNGE 10X PER SIDE

From a standing position, take one step backward with one leg. Your front leg should maintain a 90 degree angle, making sure to keep your knees behind your toes. Your back leg should be slightly bent. Return to standing and repeat with the other leg.

## JUMPING JACKS 30X

Stand with your arms by your sides and your feet hip-width apart. Jump off the ground and spread your legs so your feet land wider than shoulder-width apart, simultaneously taking your hands above your head. As soon as you land, go into another jump, bringing your arms and legs back to the starting position before you land. Stay on your toes throughout.



## PLANK 30 SEC

Place hands or forearms on the floor with elbows aligned below shoulders and arms parallel to your body at about shoulder width. Ground toes into the floor and squeeze glutes and abdominal muscles to stabilize your body. Your legs should be working, too — be careful not to lock or hyperextend your knees. Neutralize your neck and spine by looking at a spot on the floor about a foot beyond your hands. Your head should be in line with your back. Maintain a strong and steady plank and don't let your hips drop or float up, and don't let your back arch.



## SIDE PLANK 20SEC PER SIDE

Again, you can do this exercise on your hand or elbow/forearm. Make sure that your hand or elbow is aligned below your shoulder. Lift your hips and balance on your foot. You can either stack your feet or stagger them for a wider base and more stability. Pull your belly button in, engage your abdominal muscles, and feel like you are lifting your hips up toward the sky. Hold.



## MINI COBRA 10X

Lie on your stomach with your hands next to your shoulders. Lift your chest and shoulders up from the floor while squeezing and engaging your upper back muscles. You should feel like you are using your upper back to pull your body up. Gently push down with your hands to slightly enhance the movement. This is key. The work is done with the upper back and gently enhanced by your hands. Inhale as you come up and then exhale as you return your chest to the floor.

# PUSH UPS 10X

Start in a push up position, with your hands slightly wider than shoulder width, hips and knees lifted, and toes grounded. Lower your body down toward the floor while keeping a straight line and strong core. Push back up to starting position. Modification: Place your knees down and perform the same motion, staying in a straight line and lowering your chest and hips towards the floor. Don't let your hips stick up in the air.



# RUNNERS LUNGE TO SQUAT JUMP BACK 10X

Start in a plank or upper push up position. Step one foot forward and place it on the outside of the same-sided hand. Hold 1 second. Then step your other foot forward on the outside of your other hand. Come up into a low squat position and hold for 1 second. Place both hands down in front of you, push down into the floor, as you jump both legs back into a plank position. If you can't jump back, just step back one leg at a time into plank. Repeat starting with the opposite leg on the next rep.

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