

Hello Runners!

Thanks for allowing us to help with your strength training needs!

This bodyweight strength workout is a solid way to introduce strength into your running routine and become a stronger, more injury-resistant runner. Ideally you will use it as a starting point to lift heavier weights in the future.

Each exercise was chosen explicitly for athletes like you who primarily focus on distance running.

For maximum results, do this workout 2 - 3x per week. The goal is to condition the entire body and better handle the high-impact demands of the sport of running.

Proper form is crucial. Without the guidance of a certified personal trainer, as you go, we encourage you to listen to your body and use caution.

Happy strength training,
The Filla Endurance coaching team



Notes About the Program

Warm Up: Every session should include a warm up prior to the workout. Our suggestion is either a 5 - 10 minute brisk, low-impact cardio option or doing the workout just after your run.

Running specific cross training can consist of biking, walking, stationary bike, swimming laps, stair-stepper, or the elliptical machine. We do recommend athletes do any static stretching BEFORE this workout.

Cool Down: We suggest 10 minutes of light walking, PNF (proprioceptive neuromuscular facilitation) stretching, static stretching, and/or foam rolling as a post-workout cool down.

Repetitions: Use the repetitions as a guideline. The main goal is to feel challenged during the final 2 reps of each set. Increase or decrease repetitions accordingly. Do 1 set of the mobility warm up first, then 2 - 3 sets of the conditioning circuit.

Rest Between Sets: Rest for 1 - 2 minutes between each set.



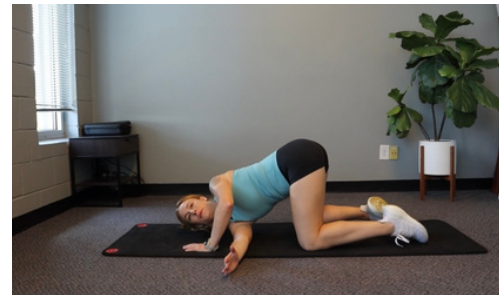
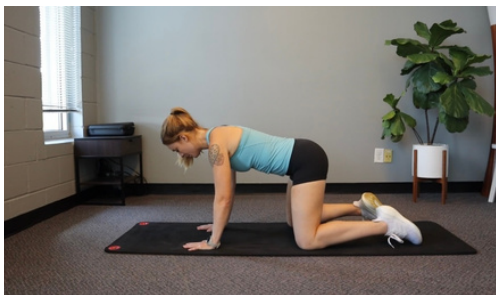
MOBILITY WARM UP (1 SET)

3 POINT KNEELING HIP FLEXOR LUNGE X 10 PER SIDE



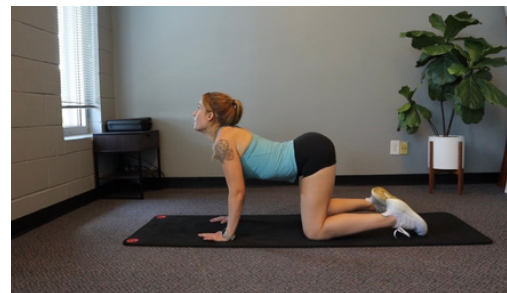
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THREAD THE NEEDLE X 10 PER SIDE



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CAT COW X 10

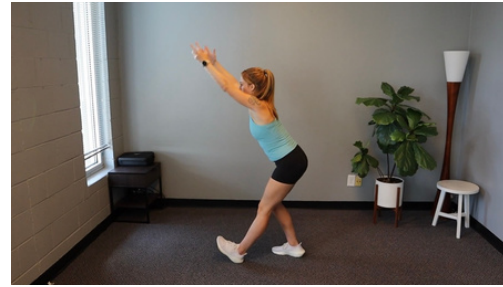


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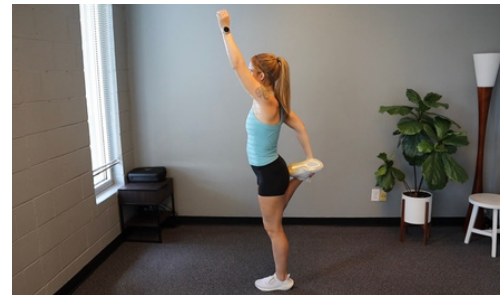
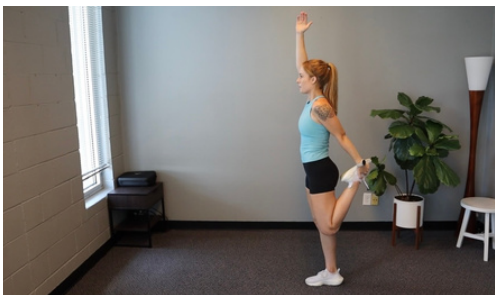
MOBILITY WARM UP (1 SET)

HAMSTRING SCOOPS X 10 ALTERNATING



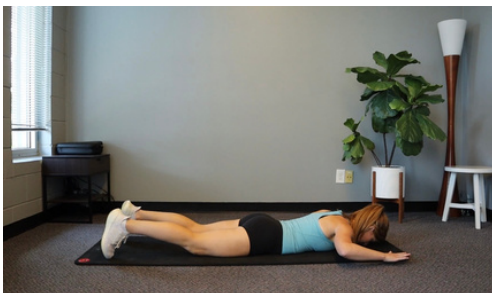
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QUAD PULLS X 10 ALTERNATING



<https://youtu.be/AcTQJKkpNgw>

SUPERWOMAN WITH SCAPULA SQUEEZE X 15



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CONDITIONING CIRCUIT (2 - 3 SETS)

GLUTE BRIDGES X 15



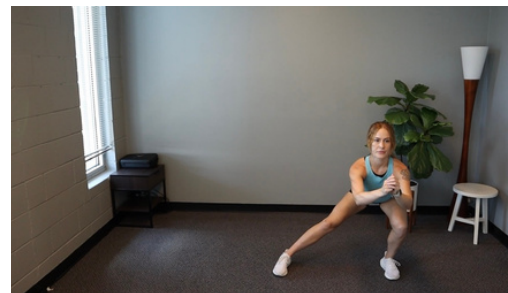
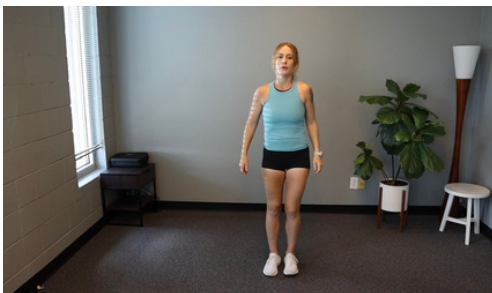
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SINGLE LEG RDL WITH OVERHEAD REACH X 12 PER SIDE



<https://youtu.be/AcTQJKkpNgw>

LATERAL LUNGE X 12 PER SIDE



<https://youtu.be/jRKNZ3Wf5ZY>



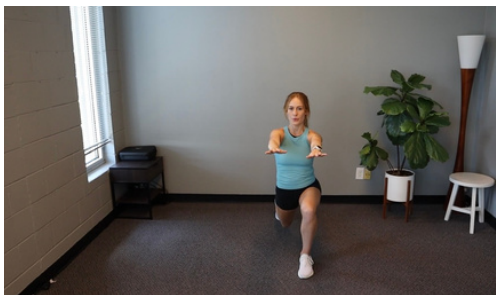
CONDITIONING CIRCUIT (2 - 3 SETS)

SQUAT TO CALF RAISE X 12 - 15



<https://youtu.be/qjW0bWvptCs>

REVERSE LUNGE WITH ROTATION X 12 - 16



<https://youtu.be/AcTQJKkpNgw>

INCLINE PUSH UPS X 10 - 15

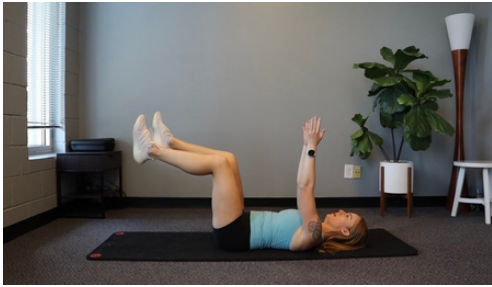


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CONDITIONING CIRCUIT (2 - 3 SETS)

DEADBUG X 12 - 16



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