

Strength Training Guide



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Who is this Guide for?	When Should I Strength Train?
<p>The Distance Runner looking to improve their performance in the 5km to Marathon and beyond.</p> <p>For best results, this guide is meant to supplement an athlete's running program.</p> <p>Check out KnightonRuns.com for Run Coaching, Training Plans, and additional resources!</p>	<p>If running is your primary sport, strength training is best done after your running is finished for the day.</p> <p>Complete your strength training either immediately after finishing your run or later in the day, depending on your preference.</p> <p>Remember to hydrate and consider taking in some calories between the run and strength training, especially if your total exercise session is over 60 minutes.</p> <p>Perform strength training on your harder running days so your easy/recovery days are more restful.</p>
Why Should I Strength Train?	Tips for Strength Training
<p>To increase the amount of running your body can safely benefit from.</p> <p>To increase the intensity of running your body can safely benefit from.</p> <p>To maintain good running form during tiring runs and races.</p> <p>To decrease the chance of injury from running, thereby allowing you to run more consistently.</p> <p>To maintain fitness during periods of decreased running or injury.</p>	<p>Write strength training into your weekly plan. Hold yourself accountable to completing it.</p> <p>Strength training should be in addition to your running. It should support your running, not replace it.</p> <p>If short on time, end your run 1 mile short so you can spend 10-15 minutes strength training.</p> <p>Make it fun. Play music you love or do it outside on a nice day. How can you enjoy it as much as you enjoy running itself?</p>
How Much Should I Strength Train?	Got Questions?
<p>Gradually build up so you are strength training 2-3 times per week for 15-30 minutes at a time.</p>	<p>Email me at knightonruns@gmail.com</p> <p>DM me on Instagram @knightonruns</p>

For coaching, running plans, and additional resources, check out:

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Complete Steps 1, 2, 3 in order.

Workout routine given should serve as a guide and is not intended to be absolute.

Modify reps/sets/times to meet your specific needs.

Include exercises that improve your specific weaknesses.

Focus on good form with each exercise, don't rush through them.

Always consult your doctor before beginning any new exercise routine and if anything hurts, please stop and seek advice.

Step 1: Circuit Exercises

Strengthen Upper Body, Core, and Legs

Time Required = 10-20 minutes

- 12x Pushup
- 12x Bodyweight Row
- 12x Fire Hydrants (each side)
- 12x Reverse Crunches (w/ Roller) or Leg Raise
- 12x Glute Bridge
- 12x Bowler Squat (each side)

Perform full set twice.

Step 2: Planks

Improve Full-Body Strength

Time Required = 3 minutes

- Front Plank (60 seconds)
- Right-Side Plank (30 seconds)
- Left-Side Plank (30 seconds)
- Reverse Plank (30 seconds)

Step 3: 7-Way Hips

Strengthen and Stabilize the Hips

Time Required = 5-10 minutes

Starting on one side of body, perform:

- 2x Lateral Leg Raise
- 2x Forward Leg Swing
- 2x Backward Leg Swing
- 2x Full Leg Swings
- 2x Clockwise Circles
- 2x Counter-Clockwise Circles
- 2x Forward Bicycles

Perform full set 5-10 times, then switch sides and do the same on the opposite side.

Got Questions?

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