

LWC DISTANCE WEIGHT ROOM ROUTINE

- Dumbbell squats
- Dumbbell pistol squats
- Dumbbell lunges
- One-Legged Heel Raise – calves and ankles
- Dumbbell bench
- Overhead Forward Lunge
- Overhead Press
- Alternating Row
- Reverse Fly
- Fly
- Pull-ups
- Upright rows
- Good mornings
- Stability Ball Jackknife
- Stability Ball Leg Curl
- Single-Leg Bridge with bolsa ball

<https://www.runnersworld.com/training/a20805692/10-essential-strength-exercises-for-runners/>

<https://www.runnersworld.com/training/a20865330/weight-training-for-runners/>

<https://runnersconnect.net/benefits-of-strength-training-for-runners/>