

DISTANCE STRENGTH TRAINING

MONDAY

SHOULDERS:

- Seated dumbbell presses
- Lateral dumbbell raises (raise out to side, alternating arms)
- Alternate front arm raises (raise dumbbells in front, alternating arms)
- Upright rows (wide grip on bar)
- Pec deck rear-delt laterals (machine)
- Low-pulley front raises (machine)
- Pull-ups (use machine with minimal assist if needed)

CHEST:

- Bench press with dumbbells
- Dumbbell flies (180 to 90 laying on bench)
- Incline dumbbell bench press
- Incline dumbbell flies
- Decline bench press
- Dumbbell pullovers (lying flat on bench, pulling dumbbells from behind head to over chest)
- Push-ups
- Dips (use machine with minimal assist if needed)

BICEPS:

- Bicep curls
- Concentration curls
- Hammer curls (similar to running motion)
- Reverse dumbbell curls
- Preacher curls (machine)

THURSDAY

BACK:

- One-arm dumbbell rows (kneeling on bench)
- Dumbbell shrugs
- Chin-ups
- Lat pull-downs or Back lat pull-downs (alternate)
- Seated rows
- Close-grip lat pull downs
- Back extension (no weight or light weight to stretch and strengthen lower back)
- Torso extension at a machine

TRICEPS:

- Triceps extensions (sitting on bench and extending arms from 90 degrees to 180)
- Seated dumbbell triceps extensions (sitting up and lowering dumbbell behind head)
- Triceps kickbacks with dumbbells
- Triceps dips w/ bench
- Push-downs machine

LEGS:

- Dumbbell lunges (lunge with alternating legs holding light dumbbells)
- Dumbbell squats
- One legged squats with no weight/light dumbbell
- Standing calf raise machine or with dumbbells
- Angled leg press machine
- Leg extension machine
- Seated leg curl machine
- Adduction and abduction machine

APPROACH TO STRENGTHENING

Each week varies in repetitions and the amount of weight/effort. Each day will focus on a different area(s) and put a lot of stress on those muscles you need for running, however, they will get adequate time for the muscles to recover. Strength/muscles are formed after the muscle is torn and new muscle forms over top. We will start with high volume and low intensity. We will gradually work our way to low volume and high intensity. Keep a chart/record of the amount of weight. As you go through multiple times you will notice yourself being able to do more and more weight as you get stronger. Obviously listen to your body. There is a difference between being sore and in pain! I do not want you getting hurt!

Week 1: Each exercise 2-3 sets of 12-15 at lower weight

Week 2: 2-3 sets of 10-12 at slight increase in weight/effort

Week 3: 2-3 sets of 8-10 at higher weight/effort

Week 4: Start again at Week 1, but notice increase in weight/feeling less worn down.

***You need to be using a weight to be able to complete the given amount of reps for each week!