

# Weeks 11 & 12 Strength Training

Courtesy of *Quick Strength Training for Runners* by Jeff Horowitz

## WORKOUT 6

### DUMBBELLS AND CORE II

**Purpose:** Here we continue to build muscle endurance by adding a second set to the dumbbell exercises we began with in [Week 1](#) while continuing to do core exercises between each dumbbell set.

#### The Workout

1.	<a href="#">Windshield Wipers</a>	→ 14 reps
2.	<a href="#">Weighted Swings</a>	→ 12 reps each side
3.	<a href="#">Crossover Crunches</a>	→ 20 reps
4.	<a href="#">The Discus-Thrower</a>	→ 10 reps each side
5.	<a href="#">Torso Twists</a>	→ 12 reps
6.	<a href="#">Knee Crunches</a>	→ 20 reps
7.	<a href="#">Deadlifts and Front Raises</a>	→ 12 reps
8.	<a href="#">Windshield Wipers</a>	→ 14 reps
9.	<a href="#">Weighted Swings</a>	→ 10 reps each side
10.	<a href="#">Crossover Crunches</a>	→ 20 reps
11.	<a href="#">The Discus-Thrower</a>	→ 12 reps each side
12.	<a href="#">Torso Twists</a>	→ 10 reps

13.	<a href="#">Knee Crunches</a>	→ 20 reps
14.	<a href="#">Deadlifts and Front Raises</a>	→ 10 reps

#### Coach's Instructions

- **Do 1-3 sets 2-3 times per week** (can do 2-3 sets of each exercise one after another or do 2-3 circuits of the whole routine)
- If needed, can be done on same day as a scheduled run that is 5 miles in length or less
- **Option to combine:** To keep from getting bored, do different workouts throughout the week. For example, if you do 3 sessions per week, try a different routine each day. Mix and match as you like, depending on your preferences. Variety is what will keep your strength training routine from getting stale!

## WINDSHIELD WIPERS



# REPS  
10-20

**MUSCLE TARGETS:** Obliques, hip flexors, abs (transverse)  
**EQUIPMENT:** None

### Coach's Note

This exercise is not only a good strengthening movement for your core; it is also a good stretch for the iliotibial band, a strip of connective tissue on the outside of your legs.

### FORM



**1** Lie faceup on your exercise mat, with your legs straight up in the air and your knees extended and locked. Place your arms outward, palms down.

**2** Keep your legs together and swing them down to your right side as far as you can comfortably let them fall. Aim to keep your shoulders flat on the mat.

**3** Swing your legs in one smooth motion over to your left side, then return to the right side. This constitutes 1 rep.

### ADVANCED FORM



- Keep your arms in closer to your body while performing this movement. This removes some of the leverage your arms enjoy as they maintain lateral support to counterbalance the weight of your legs dropping to one side and then the other. This forces your arms and core to work harder to keep you from toppling over.

## WEIGHTED SWINGS



# REPS  
10-20

**MUSCLE TARGETS:** Obliques, abs (transverse), delts, biceps, triceps

**EQUIPMENT:** Medicine ball or dumbbell, BOSU (advanced)

### FORM



**1** Stand with your feet 2"-3" apart and your knees slightly bent, holding a dumbbell or medicine ball with both hands near your outer hip.

**2** Now swing the weight up diagonally toward the opposite side. Just as with any sport that requires swinging with both arms together, such as baseball and golf, aim to keep your arms as straight as possible through the swing, especially during the middle phase of the movement, when your arms are in front of you.

**3** Return to the start position. Complete all swings on one side, then repeat on the other side.

### ADVANCED FORM



- Perform this movement while standing on either side of a BOSU.

## CROSSOVER CRUNCHES



# REPS  
20-50

**MUSCLE TARGETS:** Abs (rectus), obliques  
**EQUIPMENT:** None

### FORM



1 Lie faceup on your exercise mat, with your knees bent and your feet flat on the floor. Cross your right ankle over onto your left knee.

2 Keeping your right elbow on the floor and your left hand on the back of your head, bring your left shoulder up and across diagonally toward your right knee. The goal is to touch your left elbow to your right knee, though actual touching is unnecessary; the key is to bring your shoulder up and across diagonally.

3 Complete your goal number of reps, then continue on the other side.

### ADVANCED FORMS



- Raise your grounded foot off the floor a few inches while performing this exercise. This engages your hip flexors and rectus abdominus to a greater extent as these muscles work to keep both legs up in the air. The essential movement remains the same, although you might find that crossing over is especially difficult.



- Keep your right leg extended and perform this exercise by raising your left arm and right leg up, aiming to touch your left elbow to your right knee. This engages your hip flexors in addition to the other muscles used in the standard movement.
- Hold your body in the crunched position for a count of 5 before returning back to the floor.

## THE DISCUS-THROWER



# REPS  
10-20

**MUSCLE TARGETS:** Glutes, quads, obliques, abs (transverse), delts (medial, posterior)  
**EQUIPMENT:** Dumbbell

### FORM



1 Scissor your legs so that one foot is in front of you—spread your legs and give yourself plenty of room.

2 Hold a dumbbell in the arm opposite your outstretched leg and squat, twisting your body so that you are holding the dumbbell on the outside of the opposite knee, with your palm facing inward toward that knee.

3 Stand up while twisting your body and raising the dumbbell. Lead with the elbow of the arm holding the dumbbell, rotating your arm so that your hand is the highest part of your body.

4 Return to the starting position. This constitutes 1 rep. Complete your goal number of reps, then switch the dumbbell to your other hand.

### ADVANCED FORM

- Perform this exercise with your eyes closed. This is difficult and disorienting, but the effect is to make you more aware of your body position.

#### Coach's Note

This exercise gets its name from the similarity that the starting position of this exercise has to the classic form of a discus thrower, although the weight is in the opposite hand.

## TORSO TWISTS




# REPS  
14-20

**MUSCLE TARGETS:** Abs (transverse), delta, biceps, triceps

**EQUIPMENT:** Medicine ball or dumbbell, BOSU (advanced)

### FORM



- 1 Hold a medicine ball or dumbbell in front of you with both hands, keeping your arms parallel to the ground.
  - 2 Swing the weight smoothly and forcefully from right to left and back again.
-  One swing from right to left and back again constitutes 1 rep.

### ADVANCED FORM



- Perform the exercise while standing on either side of a BOSU.

## KNEE CRUNCHES




# REPS  
10-50

**MUSCLE TARGETS:** Abs (rectus), hip flexors, obliques  
**EQUIPMENT:** None

### FORM



- 1 Sit on your exercise mat. Stretch your legs out in front of you, with your knees fully extended. Keep your arms at your sides, palms facing downward on the floor.
  - 2 Bring your knees toward your chest, then extend your legs again, keeping your feet off the floor.
-  Return to the starting position. This constitutes 1 rep.

### ADVANCED FORMS



- Keep your upper body off the ground while performing this exercise. This causes you to balance on your backside, which engages your lower back and core even more.



- Hold your body in the crunched position for a count of 5 before returning back to the floor.



# DEADLIFTS AND FRONT RAISES



# REPS  
10-20


**MUSCLE TARGETS:** Lower back, hamstrings, traps, delts, biceps, triceps

**EQUIPMENT:** Dumbbell or medicine ball, BOSU (advanced)

## FORM



- 1 Stand with your feet a bit wider than shoulder-width. Tilt your pelvis backward and arch your back, with your knees slightly bent. Keep your pelvis tilted throughout the exercise, even as you straighten up and bend over again.
- 2 Bend forward at the hips, being careful not to round your back. Grip a dumbbell or medicine ball with both hands.
- 3 Straighten and raise the weight up over your head toward the ceiling in one smooth movement. When the weight is at the highest point of the movement, your back should still be slightly arched and your pelvis tilted backward.

 Hold for a moment, then let the weight swing back down. This constitutes 1 rep.

## ADVANCED FORM



- Perform this movement from atop a BOSU, either side up.