

# Weeks 5 & 6 Strength Training

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

## WORKOUT 3

### LATERAL BALANCE I

**Purpose:** Working on balance through these exercises strengthens your proprioceptors and prepares your body for the instability of landing while running. By also working your hips, we help your body stay in proper alignment throughout the running motion. Many of the exercises in this workout challenge your sense of balance by requiring you to stand on one leg.

#### The Workout

1.	<u>Front Leg Swings</u>	→ 10 reps each side
2.	<u>One-Legged Deadlifts</u>	→ 10 reps each side
3.	<u>Standing Hurdles</u>	→ 10 reps each side
4.	<u>Lateral Leg Swings</u>	→ 10 reps each side
5.	<u>Standing Reverse Hurdles</u>	→ 10 reps each side

6.	<u>Crunches</u>	→ 20 reps
7.	<u>Fire Hydrants</u>	→ 12 reps each side
8.	<u>Kickbacks</u>	→ 12 reps each side
9.	<u>Walking Lunges</u>	→ 2 sets (down and back, twice)

#### 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:** You now have 3 workout routines. To keep from getting bored, you can mix the three together. 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!

## FRONT LEG SWINGS



# REPS  
20-30

**MUSCLE TARGETS:** Hip flexors, glutes  
**EQUIPMENT:** BOSU (advanced)

### Coach's Note

Like the [Lateral Leg Swing](#), this exercise helps improve hip flexibility and strength along with balance.

### FORM



1 Standing on your left leg, swing your right leg behind you, then swing it forward as far as you comfortably can. Return to the starting position.

2 This constitutes 1 rep. Complete your target number of reps, then switch to the other leg.

## ONE-LEGGED DEADLIFTS



# REPS  
10-20

**MUSCLE TARGETS:** Lower back, glutes (medius)  
**EQUIPMENT:** None

### Coach's Note

This exercise is also known as the [Tipping Bird](#), after the children's toy of the same name. You can also imagine yourself as a seesaw.

### FORM



1 Stand on your left leg, with your knee slightly bent so that your leg muscles are engaged to hold your body steady.

2 Keeping your right leg straight and your arms at your sides, bend over, raising your right leg behind you as you lower your upper body, forming a T. Keep your back straight throughout the movement.

3 Rise back up. This constitutes 1 rep. When you have reached your goal number of reps, repeat on your right leg.

## STANDING HURDLES



# REPS  
20-30

**MUSCLE TARGETS:** Glutes, hip flexors  
**EQUIPMENT:** BOSU (advanced)

### Coach's Note

This exercise opens up your hips to increase range of motion and improve flexibility.

### FORM



1 Stand on your left leg and bring your right knee up and out to your right.

2 Keeping that knee bent, swing it forward, then down and back, drawing a large counterclockwise circle. The motion should be Out, Up, Forward, Down, Back.

3 Complete all reps on one leg, then repeat on the other leg.

## LATERAL LEG SWINGS



# REPS  
20-30

**MUSCLE TARGET:** Glutes (medius)

### FORM



1 Standing on your left leg, swing your right leg across your midline.

2 Swing your right leg outward as far as possible, and then swing it back across your midline toward your left side, returning to the starting position.

3 This constitutes 1 rep. Complete your target number of reps, then switch to the other leg.

## STANDING REVERSE HURDLES



# REPS  
20-30

**MUSCLE TARGETS:** Glutes, hip flexors

### FORM



- 1 Stand on your left leg and bring your right knee up and forward.
  - 2 Keeping that knee bent, swing it outward, then down and back, drawing a large clockwise circle. The motion should be Up and Forward, Outward, Down.
- 🕒 Complete all reps on one leg, then repeat on the other leg.

## CRUNCHES



# REPS  
20-50

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

### FORM



- 1 Lie faceup on your exercise mat, with your knees bent and your heels on the floor. Cross your arms over your chest.
  - 2 Curl your body upward, being sure to keep your lower back on the floor; then return to the starting position.
- 🕒 This constitutes 1 rep.

## FIRE HYDRANTS



# REPS  
20-30

**MUSCLE TARGET:** Glutes (medius)  
**EQUIPMENT:** None

### FORM



- 1 Get on your hands and knees on your exercise mat.
- 2 Keep your right knee bent and raise your right leg out toward the side as high as you can.

reps, then switch to your other side.

### ADVANCED FORM



- When working the right leg during this exercise, hold your left arm off the ground and extended in front of you. By removing one of the supports for your body, you introduce instability to the exercise. Switch arms and repeat on the other side.

## KICKBACKS



# REPS  
20-30

**MUSCLE TARGET:** Glutes  
**EQUIPMENT:** None

### FORM



- 1 Get on your hands and knees on your exercise mat. Bring your right knee in toward your chest.
- 2 Extend your right leg behind you as high as you can, then return it to the starting position. This constitutes 1 rep.

**C** Complete your target number of reps, then switch to the other leg.

### ADVANCED FORM



- When working the right leg during this movement, hold your left arm off the ground and extended in front of you. Switch arms and repeat on the other side.

## WALKING LUNGES



# SETS  
1-2

**MUSCLE TARGETS:** Glutes, quads, hamstrings,  
lower back, abs (transverse)

### FORM



- 1 Locate a stretch of floor that is at least 30 feet long. Keep your eyes focused on a distant point that is at eye level, and hold your arms either straight out in front of your body or raised out to your sides.
  - 2 Take a long step forward, being sure not to let your front knee go past your toes on that leg.
- C** Walk to your goal turnaround point and return. This constitutes 1 set.