

WORKOUT 4

# LEGS, UPPER BODY, AND CORE

**Purpose:** With this workout we introduce some of the key leg movements of this program, as well as continue to strengthen core muscle groups.

## The Workout

1.	<u>Knee Crunches</u>	→ 10 reps
2.	<u>Hip Raises</u>	→ 30 reps
3.	<u>Push-Ups</u>	→ 15 reps, dropping to knees if necessary
4.	<u>Side Crunches</u>	→ 20 reps each side
5.	<u>High Reverse Flyes</u>	→ 10 reps
6.	<u>Side Lunges</u>	→ 10 reps

# Weeks 7 & 8 Strength Training

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

7.	<u>Arm Circles</u>	→ 10 reps
8.	<u>Step-Ups</u>	→ 10 reps each side
9.	<u>Reverse Arm Circles</u>	→ 10 reps
10.	<u>Windshield Wipers</u>	→ 10 reps
11.	<u>Pullovers</u>	→ 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:** You now have FOUR 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!

## 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.
- 3 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.

## HIP RAISES



# REPS  
20-50

**MUSCLE TARGETS:** Glutes, lower back, abs (transverse)  
**EQUIPMENT:** Medicine ball (advanced)

### Coach's Note

This exercise works the muscles on the back of your body, especially the glutes, while also providing a good stretch for the hip flexor muscles on the front of your body.

### FORM



- 1 Lie faceup on your exercise mat, with your knees bent, your legs together, and your feet flat on the floor.
- 2 Raise your hips in the air until you have achieved a straight line from your knees to your upper body.
- 3 Lower down to the starting position. This constitutes 1 rep.

### ADVANCED FORMS



- Stretch one leg straight out, and hold it just a couple of inches off the floor. Now push off your other foot and raise your hips up in the air. Perform the target number of reps, then repeat on the other side.



- This is similar to the one-legged form above, except with one leg planted on a medicine ball instead of on the floor, which engages the hamstrings of your planted leg as they prevent the ball from rolling away.

## PUSH-UPS



# REPS  
10-  
100

**MUSCLE TARGETS:** Pecs, delts (anterior), triceps, abs, glutes  
**EQUIPMENT:** Stability ball (advanced)

### FORM



- 1 Lie facedown on an exercise mat, with your palms down on the mat slightly wider than your armpits.
- 2 Raise your body up by extending your elbows.
- 3 After reaching full extension, bend your elbows and lower down to an inch or two above the mat. This constitutes 1 full rep.

### ADVANCED FORMS



- Divide your target number of reps by two, and perform half of them with one leg held an inch or two off the floor. Then immediately continue on to the remaining reps with the other leg upraised. This form engages your core more effectively as it struggles to maintain balance and also provides a good workout for your glutes, which will be working to hold the upraised leg off the floor.



- Keep your feet on a stability ball

while performing this exercise. Making the platform for your feet movable introduces instability, which engages your core even more.

### Tip

Keep your chin up during the exercise, turn the heels of your palms slightly outward with your fingers pointed slightly inward, and do not lock your elbows at full extension because this takes the pressure off your muscles and puts it on your joints. Do not arch your back or let your hips sag down. Keep your body rigid, which not only protects your lower back, but also effectively works your core muscles.

## SIDE CRUNCHES



# REPS  
20-50

**MUSCLE TARGET:** Obliques  
**EQUIPMENT:** BOSU (advanced)

### Coach's Note

If you keep your hands on your side during this exercise, you will feel your obliques contracting. This will confirm that you are working the targeted muscles, and will also help you improve your body awareness.

### FORM



- 1 Lie on your left side on your exercise mat, keeping your body as straight as possible.
- 2 Simultaneously raise your legs and your shoulders, then lower both back down to the mat.
- 3 This constitutes 1 rep. Complete your target number of reps, then repeat on the other side.

### ADVANCED FORMS



- Perform this exercise while lying on a BOSU.
- Hold your body in the crunched position for a count of 5 before returning back to the floor.

### Tip

You may keep your hand on the floor in front of you for balance, but do not push off that hand to do the exercise. Focus on using your oblique muscles to accomplish the movement.

# HIGH REVERSE FLYES



# REPS  
10-20

**MUSCLE TARGETS:** Delts (posterior), rotator cuff  
**EQUIPMENT:** Dumbbells

## FORM



- 1 Hold a pair of weights by your lap while standing.
- 2 Swing your arms outward and upward, turning your hands so that your palms face away from you.
- 3 Return the weights down to your lap, turning your palms back toward each other. This constitutes 1 rep.

## ADVANCED FORMS



- Perform this exercise with one arm at a time to create lateral instability and to increase the challenge to your core.



- Perform half the reps while standing on one leg and the other half while standing on the other leg. This improves your balance.

## Tip

Rotation of your arm strengthens the rotator cuff muscles, but be careful not to overload that area, as it is prone to injury. Do not swing the weights rapidly, and do not attempt to lift heavier weights than you can comfortably use for 14 or more reps. Also, take care not to push your range of motion beyond what you can comfortably do. Err on the side of caution here.

# SIDE LUNGES



# REPS  
10-20

**MUSCLE TARGETS:** Quads, glutes, adductors  
**EQUIPMENT:** Medicine ball or dumbbell (advanced)

## Coach's Note

This exercise is similar to the standard [Squat](#) but focuses more directly on the lateral stabilizers, especially the gluteus medius.

## FORM



- 1 Stand with your feet close together, your knees slightly bent and your back slightly arched.
- 2 Step out to the left, keeping your right leg straight as you bend your left knee down to a 90-degree angle.
- 3 Step back up to your starting position and lunge out to the right, keeping your left leg straight this time as you bend your right knee.
- 4 Return to the standing position. This constitutes 1 rep.

## ADVANCED FORM



- Hold a medicine ball or dumbbell close to your chest as you perform this movement in order to increase the resistance and the challenge to your core and legs.

## Tip

Keep your feet facing forward as you step out to one side, then the other. This will put more stress on the outer hip, where we want it.



## ARM CIRCLES/REVERSE ARM CIRCLES



2 REPS  
10-20

**MUSCLE TARGETS:** Delts (anterior), abs (transverse)

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

### FORM



1 Hold a dumbbell or medicine ball with both hands, and stand with your feet shoulder-width apart.

2 Extend your elbows to straighten your arms, then draw a large clockwise circle with the weight.

3 One revolution constitutes 1 rep. For **Reverse Arm Circles**, do the same basic movement, but draw counterclockwise circles.

### ADVANCED FORMS



- Perform this exercise while standing with your feet close together. Doing so reduces the size of your foundation, making you less stable and making your core work harder.



- Perform this exercise while standing on either side of a BOSU. Again, the closer your feet are, the harder—and more effective—this exercise is.

## STEP-UPS



2 REPS  
10-20

**MUSCLE TARGETS:** Glutes, hip flexors, abs (transverse, rectus), obliques, delta (anterior)

**EQUIPMENT:** Dumbbells (advanced)

### Coach's Note

This exercise mimics the running movement, though in an exaggerated form, in order to stress the key muscle groups involved and trigger an adaptation response in them.

### FORM



1 Stand with your elbows bent at a 90-degree angle or less, holding your right arm forward and your left arm back.

2 Scissor your legs, bringing your right leg forward while keeping your left leg back. Note that your arms work in opposition to your legs throughout this movement, just as when you run or walk.

3 Step up forcefully, swinging your left arm forward and your right knee upward.

4 Reverse to return to the starting position. This constitutes 1 rep. Complete all your target reps on one side, then continue on the other side, reversing your leg and arm positions.

### ADVANCED FORM

- Hold a light pair of dumbbells while performing this exercise, but be sure not to compromise your form as you swing them.

### Tip

This exercise should be explosive. The force of your leg swing should bring you upward, almost to the point of jumping in the air. If you are swinging your left knee up, you should find yourself on the toes of your right foot. Do not aim for this position by standing on your toes; instead, increase the power of your knee raise until it actually pulls you upward onto your toes.

## ARM CIRCLES/REVERSE ARM CIRCLES



\* REPS  
10-20

**MUSCLE TARGETS:** Deltis (anterior), abs (transverse)  
**EQUIPMENT:** Dumbbell or medicine ball, BOSU (advanced)

### FORM



**1** Hold a dumbbell or medicine ball with both hands, and stand with your feet shoulder-width apart.

**2** Extend your elbows to straighten your arms, then draw a large clockwise circle with the weight.

**↻** One revolution constitutes 1 rep. For **Reverse Arm Circles**, do the same basic movement, but draw counterclockwise circles.

### ADVANCED FORMS



- Perform this exercise while standing with your feet close together. Doing so reduces the size of your foundation, making you less stable and making your core work harder.



- Perform this exercise while standing on either side of a BOSU. Again, the closer your feet are, the harder—and more effective—this exercise is.

## 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.

**↻** 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.

### Tip

When you first do this exercise, keep your knees bent to reduce strain on your core. As you improve your strength, try to keep your legs straight. Performing this exercise may at first drag you off your mat, but that will stop as you begin to build the strength to hold your body in place.

# PULLOVERS



# REPS  
20-30

**MUSCLE TARGETS:** Delts, triceps, serratus anterior  
**EQUIPMENT:** Dumbbell or medicine ball, stability ball (advanced)

## FORM



- 1 Lie on your exercise mat faceup, with your knees bent and your feet flat on the floor.
- 2 Hold a weight directly above you with both hands.
- 3 Keeping your elbows locked in a slightly bent position, draw the weight backward until it almost touches the floor, then pull it back until your arms are pointed straight up to the ceiling once again.

 This constitutes 1 rep.

## ADVANCED FORMS



- Lie faceup on a stability ball while performing this exercise.



- Complete all reps while holding a dumbbell with only one hand, then switch to the other hand.

## Tip

Keep your elbows locked in a slightly bent position throughout the movement. If you bend and extend your elbow as you perform the movement, you focus the exercise on the triceps rather than on the other major muscle groups that we are aiming to improve.