

Full Body Strength for Runners

COACH O TRAINING SERIES

Coach Oliete · 2 to 3 times a week, on easy days · About 25 to 30 minutes

This workout builds strength in your legs, hips, core, and upper body using only your body weight. Do it as a circuit: do one set of each exercise in order, rest 1 to 2 minutes, and repeat for 3 rounds total. Do not do this the day before a race or hard workout.

Why it matters beyond injury prevention: Stronger muscles and tendons handle the pounding of running better, so you are less likely to get hurt as your mileage goes up. Strength work also improves running economy (using less energy at the same pace), makes hills feel easier, and gives you more power for your finishing kick. Upper-body strength helps keep your arm swing strong when you are tired.

NO EQUIPMENT NEEDED

Bodyweight Squats 3 sets of 15	Feet shoulder-width apart, sit your hips back and down like sitting in a chair, chest up. Keep your knees over your toes. Stand back up.
Reverse Lunges 3 sets of 10, each leg	Step one foot back and lower until both knees bend about 90 degrees. Push through your front heel to stand up.
Side Lunges 3 sets of 8, each side	Take a big step to the side, bend that knee, and push your hips back while the other leg stays straight. Push back to standing.
Single-Leg Deadlift 3 sets of 8, each leg	Stand on one leg. Hinge at the hips and reach toward the floor while your other leg goes straight back. Keep your back flat, then stand up.
Wall Sit 3 sets of 30 to 45 sec	Lean your back against a wall and slide down until your knees are bent about 90 degrees. Hold with your weight in your heels.
Single-Leg Calf Raises 3 sets of 15, each leg	Stand on one foot, holding a wall for balance. Rise up onto your toes and lower slowly for 3 seconds.
Push-Ups 3 sets of 8 to 12	Hands a little wider than your shoulders, body in a straight line. Lower your chest toward the floor and push back up. Do them from your knees if needed.
Inchworms 3 sets of 6	Stand tall, bend over and put your hands on the floor, then walk your hands out to a plank. Walk your feet up to your hands and stand.
Bear Crawl 3 sets of 20 steps	On hands and feet with your knees just off the floor and back flat, crawl forward moving the opposite hand and foot together.

Tip: Good form comes first. If you cannot keep good form, take a short break or do fewer reps. You should feel tired muscles, not joint pain. If something hurts, stop and tell Coach Oliete.

Disclaimer: Coach Oliete is not a doctor, and this sheet is not medical advice. Only you (the runner) or a doctor can judge whether these exercises are safe for you to do. If you are unsure, check with a doctor first.