

CROSS TRAINING WORKOUTS

TARGETED STRENGTH TRAINING

Runners need to run a lot and focus on cardio workouts, but muscle strength and endurance are important too. Strengthening specific muscles will reduce injuries and improve speed and endurance. Try this series of exercises twice a week.

Core strength improves overall running form and endurance:

45-60 SECS

Forearm plank

45-60 SECS

Side plank

10-12 REPS

Russian twists

10-12 REPS

Push-ups

Muscles that should be strengthened for power, speed, and injury reduction include the quads, glutes, and hips:

**10-12
REPS**

Weighted
squats

**10-12
REPS**

Jumping
squats

**8-10
REPS/SIDE**

Lunges

**10-12
REPS/LEG**

Single leg
bridges

**10-12
REPS/LEG**

Side leg
raises

HIGH-INTENSITY INTERVAL WORKOUTS

HIIT improves cardiovascular fitness and helps runners get faster. Speed workouts at the track are great for runners. Do at least one of these HIIT workouts per week.

- Do a one-mile warm up at an easy pace. Run 400 meters at your 5k pace with a 200-meter recovery jog or walk in between each one. Repeat four to six times. Cool down with an easy mile.
- Warm up with a one- to two-mile easy run. Run 100 meters accelerating until you are sprinting for the last 40 meters. Walk until your heart rate recovers. Repeat up to ten times and cool down with one to two miles at an easy pace.
- At the gym, do a HIIT workout on the elliptical or bike using heart rate. After a five-minute warm-up at an easy pace, alternate 30 seconds at your peak heart rate with 30 seconds at a slow pace. Do this for ten to 15 minutes and then cool down for five minutes.