

# GETTING FITTER AND FASTER with RUNVIE RACING

## STRENGTH TRAINING FOR RUNNERS, WALKERS, & DU/TRIATHLETES

**WEEK 1-2:** *Do this quick 15 minute routine 2-4 times a week just prior to your run/walk or just after your run/walk. Increase difficulty a little each time.*

### ABS

1. **Plank** – 3-4 reps, hold for 10sec work up to 1 min (keep butt down/flat)
2. **Bicycle** – 3-4 reps, 10-30 cycles (hands at side, or hands overhead make it harder)
3. **Side plank** – 3-4 reps each side, hold for 10sec work up to 1 min (stacked feet make it harder)

### HIPS & ROTATORS

1. **One leg squat** – 2-3 reps, 10-30 each leg
2. **One leg dip** (pick up a pencil to the opposite side) – 2-3 reps, 10-30 each leg (hold table or chair for stability as needed)

### SCAPULAR STABILIZERS

1. **Centipede** – walk hands out then fit in, repeat 5-10 times
2. **Push-ups with additional extension** (push higher when at the top of push-up to extend shoulders) – 3-4 reps, 5-25 push-ups (for beginners start on bent knees closer to hands, move knees back as you develop strength until legs are fully extended and knees up – keep butt down/flat)