

### Strength & Core Drills

#### Abs Circuit – 30 seconds per drill

- Full Straight Leg Raises
- Six Inch Straight Leg Raises
- Russian twists
- Regular crunches
- Angle-up crunches
- Crunches (right elbow to left knee)
- Crunches (left elbow to right knee)
- Ab scissors (open-close)
- Ab Scissors (up-down)
- Bicycles
- Right side crunches
- Left side crunches
- Double Crunches

#### Other Core Exercises

- Planks
- Push-up side planks
- Six-counts (Burpees)
- Super-mans
- Prone Knee thrusts
- Mountain Climbers with push-ups
- Prone right arm/Left Leg extensions
- Prone left arm/right leg extensions

#### Strength Drills

- Shin flexors with partner or bands
- Hip flexors with or w/o bands
- Clam shell hip flexors with or w/o bands
- Lateral Slides with or w/o bands
- Toe Walks
- Heal Walks for shins
- Karaoke
- Standing Long Jumps
- Slow Hamstring Timbers
- Explosive Squats

### Agility & Form Drills

#### ● LATTER DRILLS

- One Foot per Square Run Through
- Two Feet per Square Quick Feet
- Two Forward- One Back Quick Feet
- Ski Jumps
- Skip Square Hop Scotch
- All Squares Hop Scotch
- In-In-Out
- Lateral Shuffle
- 2 Lateral Steps Forward- One Back
- 2 Hops Forward- Hop one Back
- 2 Lateral Hops Forward- One Back
- Hop 2 Forward-Hop one back
- Hop 2 Lateral Forward- One Back

#### Form / Flexibility Drills

**Many of these focus on keeping the toe and heel up and getting the foot over the knee**

- Hurdle Drills (heel up – toe up)
- High Knees (heel up – toe up)
- Ham (not butt) Kickers (heel up – toe up)
- Frankensteins
- A Skips (heel up – toe up)
- Walking drills (heel up-toe up)
- Running drills (heel up-toe up)
- Fence Leg swings (cross-body)
- Fence Leg swings (forward/backward)
- Striders

# Weights for Distance Runners: Phase One

(lower weight higher reps focus on good form d22evelopment)

<u>Upper Body:</u>	<u>Lower Body &amp; Back</u>
<p><b>Super Set One</b></p> <ul style="list-style-type: none"><li>• Barbell or Dumbbell Flat Bench (3 x 10)</li><li>• Shoulder Shrugs (3 x 10)</li></ul>	<p><b>Super Set One</b></p> <ul style="list-style-type: none"><li>• Squats (3 x 10)</li><li>• Calve Raises (3x20) –one set per angle</li><li>• Wide Grip Pull-ups (or modified using barbell with heels on floor) (3 x 10)</li></ul>
<p><b>Super Set Two</b></p> <ul style="list-style-type: none"><li>• Military Press (3 x 10))</li><li>• Tricep extentions (3x10)</li></ul>	<p><b>Super Set Two</b></p> <ul style="list-style-type: none"><li>• Standing Lunges (3 x 10)</li><li>• Bent Rows (3 x 8)</li></ul>
<p><b>Super Set Three</b></p> <ul style="list-style-type: none"><li>• Single-Dumbbell Incline Bench (3 x 10)</li><li>• Shoulder Rotator Flies (3x10)</li></ul>	<p><b>Super Set Three</b></p> <ul style="list-style-type: none"><li>• One-legged squats (3 x 10))</li><li>• Dead Lift (3 x 8)</li></ul>
<p><b>Dips:</b> 3 sets of up to 10 dips per set.</p>	

## Full Body

Do each of these Supersets Ones first, any order.

### 1) Superset One

\* Barbell Flat Bench Press (3 x 10)) Increase weight as reps reduce

\* Dumbbell Shoulder Shrugs or Shoulder Rotator Flies (3 x 10)

### 1) Superset One

\* Squats (3 x 10)) Increase weight as reps reduce

\* Barbell Bent Rows (3 x 8) Increase weight as reps reduce / or Wide Grip Pull-ups 3x10

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Next, do each of these Supersets Two, any order.

### 2) Superset Two

\* Single Dumbbell Incline Bench Press (3 x 10) Increase weight as reps reduce

\* Calve Raises (3 x 25) each angle

### 2) Superset Two: These two exercises can be combined

\* Dumbbell Military Press (3 x 10)) Increase weight as reps reduce

\* Standing Lunges (3 x 10) Increase weight as reps reduce

(Military press and standing lunges can actually be done at the same time in one motion)

### 2) Superset Two

\* Dead Lift (3 x 8)

\* Dips (3 x 10)

## Weights for Distance Runners: Phase Two

(High weight / lower reps-focus on strength, power, and speed once form has been mastered)

<b><u>Upper Body:</u></b>	<b><u>Lower Body &amp; Back</u></b>
<b>Super Set One</b> <ul style="list-style-type: none"><li>• Barbell or Dumbbell Flat Bench (10-8-6-5)</li><li>• Shoulder Shrugs (3x10)</li></ul>	<b>Super Set One</b> <ul style="list-style-type: none"><li>• Squats (10-8-6-5)</li><li>• Calve Raises (3x20) –one set per angle</li><li>• Wide Grip Pull-ups (or modified using barbell with heels on floor) (3 x 10)</li></ul>
<b>Super Set Two</b> <ul style="list-style-type: none"><li>• Military Press (10-8-6-5)</li><li>• Tricep extentions (3x10)</li></ul>	<b>Super Set Two</b> <ul style="list-style-type: none"><li>• Standing Lunges (10-8-6-5)</li><li>• Bent Rows (3 x 8)</li></ul>
<b>Super Set Three</b> <ul style="list-style-type: none"><li>• Single-Dumbbell Incline Bench (10-8-6-5)</li><li>• Shoulder Rotator Flies (3x10)</li></ul>	<b>Super Set Three</b> <ul style="list-style-type: none"><li>• One-legged squats (10-8-6-5)</li><li>• Dead Lift (3 x 8)</li></ul>
<b>Dips:</b> 3 sets of up to 10 dips per set.	

### Full Body

**Do each of these Supersets Ones first, any order.**

#### 1) Superset One

- \* Barbell Flat Bench Press (10-8-6-5) Increase weight as reps reduce
- \* Dumbbell Shoulder Shrugs or Shoulder Rotator Flies (3 x 10)

#### 1) Superset One

- \* Squats (10-8-6-5) Increase weight as reps reduce
- \* Barbell Bent Rows (3 x 8) Increase weight as reps reduce / or Wide Grip Pull-ups (or modified) 3x10

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**Next, do each of these Supersets Two, any order.**

#### 2) Superset Two

- \* Single Dumbbell Incline Bench Press (10-8-6-5) Increase weight as reps reduce
- \* Calve Raises (3 x 25) each angle

#### 2) Superset Two: These two exercises can be combined

- \* Dumbbell Military Press (10-8-6-5) Increase weight as reps reduce
  - \* Standing Lunges (10-8-6-5) Increase weight as reps reduce
- (Military press and standing lunges can actually be done at the same time in one motion)

#### 2) Superset Two

- \* Dead Lift (3 x 8)
- \* Dips (3 x 10)

