STRENGTH WORKOUT FOR RUNNERS

Try this simple, runner-focused strength session you can do at home with no equipment.

15 Min

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How to Use This Workout:

Warm-Up: Exercises 1–3 • Main Set: Exercises 4–8 (2–3 rounds) • Cool-Down: Exercises 9–11

1. MARCH IN PLACE



Form: Stand tall; lift knees softly and swing opposite arms.

Focus: Stay light and steady; warm the whole body.

60 sec

2. HIP CIRCLES

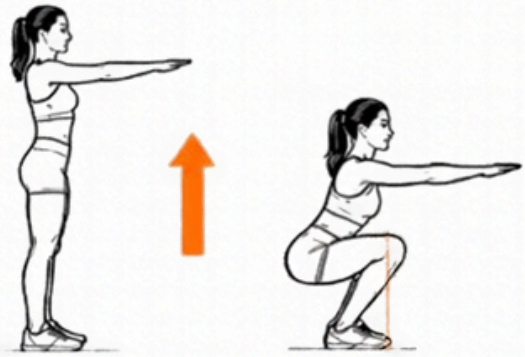


Form: Hold your core tall; circle the lifted knee slowly.

Focus: Move through a comfortable range; loosen the hips.

30 sec each side

3. LIGHT BODYWEIGHT SQUATS

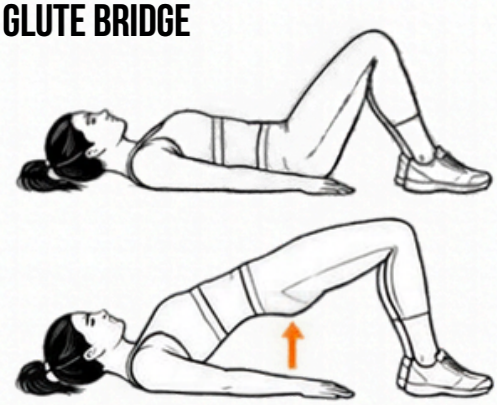


Form: Sit hips back, bend knees, keep chest lifted.

Focus: Press through feet; keep knees tracking over toes.

10 reps

4. GLUTE BRIDGE



Form: Brace gently and lift hips until shoulders–knees align.

Focus: Squeeze glutes at the top; keep ribs relaxed.

12–15 reps

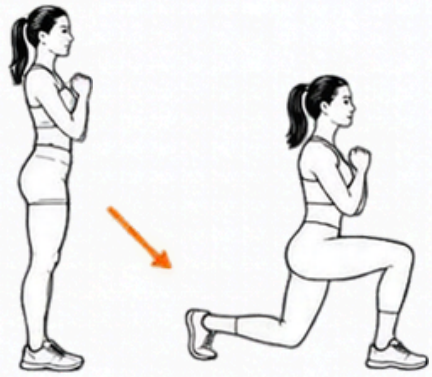
Move with control. Stop if anything hurts.

STRENGTH WORKOUT FOR RUNNERS — CONTINUED

15 Min

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5. REVERSE LUNGE

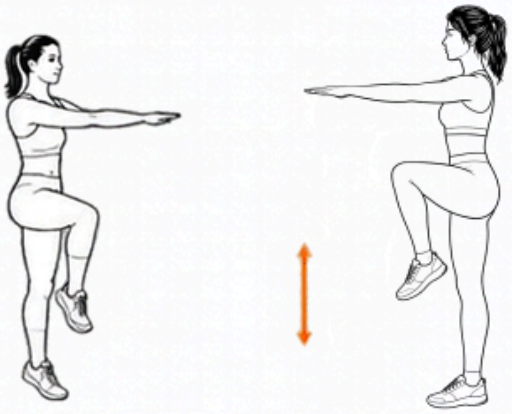


Form: Step back, lower both knees softly, then drive up.

Focus: Stay tall; keep the front knee over the foot.

8-10 reps each leg

6. SINGLE-LEG BALANCE HOLD

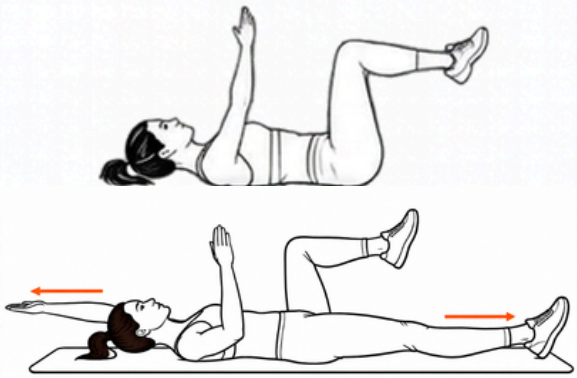


Form: Stand tall, soften the standing knee, lift the other knee.

Focus: Find one steady point; keep hips level.

20-30 sec each side

7. DEAD BUG

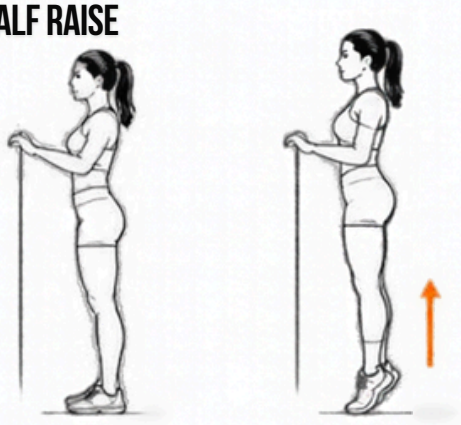


Form: Brace low back gently; extend opposite arm and leg.

Focus: Move slowly; keep the spine quiet on the floor.

8-10 reps each side

8. CALF RAISE



Form: Rise through the balls of the feet, then lower with control.

Focus: Keep ankles straight; feel the calf do the work.

12-15 reps

Move with control. Stop if anything hurts.

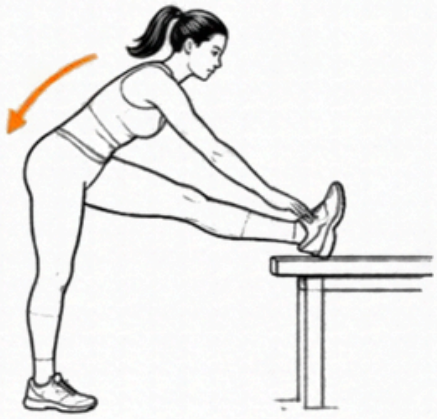
STRENGTH WORKOUT FOR RUNNERS – CONTINUED

Cool Down + Recovery

15 Min

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9. HAMSTRING STRETCH



Form: Extend one leg and hinge forward from the hips.

Focus: Keep the back long; breathe into the stretch.

20-30 sec each side

10. QUAD STRETCH

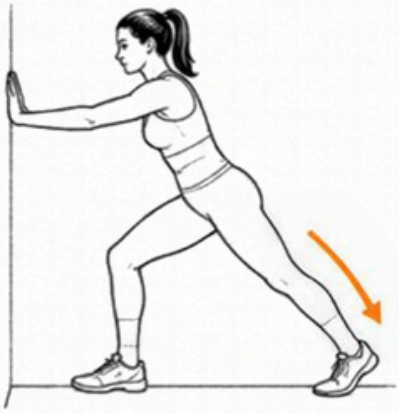


Form: Hold one ankle behind and keep knees close together.

Focus: Tuck hips gently; stay tall and steady.

20-30 sec each side

11. CALF STRETCH



Form: Step one foot back, press heel down, and lean forward.

Focus: Keep the back leg long; ease into the stretch.

20-30 sec each side

12. HYDRATE AFTER YOUR WORKOUT



Be sure to hydrate after a workout!

Move with control. Stop if anything hurts.