Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Monday**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets X Reps | Weight | | | |
| Bench Press | 3 X 5 |  |  | |  |
| Squat | 3 X 5 |  |  | |  |
| DB Incline Press | 2 X 10 |  | |  | |
| Bulgarian Split Squats | 2 X 10 |  | |  | |
| Push Ups | 2 X to failure |  | |  | |
| Lunges | 2 X 10 |  | |  | |
| Planks | 2 X failure |  | |  | |

**Wednesday**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets X Reps | Weight | | | |
| Hang Clean | 3 X 5 |  |  | |  |
| DB Shoulder Press | 2 X 10 |  | |  | |
| Tricep Extension | 2 X 10 |  | |  | |
| DB Front Raise (Band) | 2 X 10 |  | |  | |
| Dips | 2 X to failure |  | |  | |
| DB Lateral Raise (Band) | 2 X 10 |  | |  | |
| Leg Raises | 2 X failure |  | |  | |

**Friday**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets X Reps | Weight | | | |
| Deadlift | 3 X 5 |  |  | |  |
| Lat Pull Down | 2 X 10 |  | |  | |
| Pull Ups/Inverted Rows | 2 X to failure |  | |  | |
| Crunches | 2 X 25 |  | | | |
| Mountain Climbers | 2 X 25 |  | | | |
| Medicine Ball Twists | 2 X 25 |  | | | |
| Side Plank | 1 X per side to failure |  | | | |

\*Start each workout with a warm up (increases blood flow, increases heart rate, and warms your muscles up for the remainder of the workout) and stretching routine (flexibility is one of the keys to becoming a more effective runner because it helps to increase your range of motion and prevent injury).

\*End each workout with core strength exercises (a strong core will help an athlete fight off fatigue and maintain proper technique throughout their race).