

# Strengthen Your Running

Dear racers,

I'm glad you're taking advantage of this sponsorship to access a strength-training program designed for runners. Keeping your body strong and supple will help your running performance and also help you avoid injuries. Strength training is a crucial part of an overall program along with the right amount of running volume, recovery work & rest and sound nutrition.

Print these instructions so you can follow along as you look through the online program. The program can be accessed here: [Ultra Fitness Runners Workouts](#) or from my homepage at [www.ultrafitness.net](http://www.ultrafitness.net), click on the Online Fitness training banners. Use the login information provided to you by the race director.

**Terms of Use (please read):** The workouts are provided for the exclusive use of Knee Knacker and Dirty Duo participants. Do NOT give out access to anyone else. I have provided these workouts as an exclusive sponsorship benefit to these races and the runners participating in them; giving the workouts to non-participants devalues their worth and amounts to intellectual property theft. (and its bad karma!) If any non-participants you know would like to buy the program for \$49 have them contact me at [curb@ultrafitness.net](mailto:curb@ultrafitness.net).

## **Program Overview**

I've worked with hundreds of runners over the past 10 years and this 16-week program is based on my experience training them as well as the latest research in sports science. There are seven different routines included in this program:

1. Foam roller myofascial release
2. Dynamic warm-up routine
3. Beginner strength workout
4. Intermediate strength workout
5. Advanced strength workout
6. Advanced 2 strength workout
7. Static stretching routine

Workouts #1, 2, and 7 are to be used throughout the program. The other workouts (#3, 4, 5, 6) are to be done in order; each workout is progressively more difficult and builds upon the previous workout. Each workout is to be used for four weeks before progressing to the next level.

If you are new to weight training or haven't done any significant strength training over the last two months start with the Beginner workout, do it for 4 weeks then move on to the Intermediate workout.

If you have experience with weight training and have been consistently doing it for at least two months, start with the Intermediate level and progress from there. Do NOT start at any higher level even if you have been weight training for years.

In my experience working with runners, if they have been doing strength work, many have been doing traditional “body building” type workouts. The workouts I’ve provided are much different and will develop strength, core stability, balance and power without adding any unnecessary bulk. Many runners have weak core stability and balance so you need to complete the workouts in the order listed to develop the required strength to properly execute the harder exercises found in the Advanced workouts.

Each routine will show animations and written instructions on how to perform the exercise. You can also print out each routine to have it handy as you do the exercises.

## **Specific Instructions**

### **Legend**

When reading the workouts, you may see some abbreviations. The following legend explains what each notation means:

BW = bodyweight	/s = per side
SA = single arm	SL = single leg
SB = stability ball	MB = medicine ball
DB = dumbbell	BB = barbell
sec. = seconds	tube = exercise tubing or band
SMFR = self-myofascial release	
AMAP = as many as possible	
ALAP = as long as possible	
“+” (plus sign) = can add additional time or reps if you want	

### **Foam Roller Myofascial Release Exercises**

You can purchase a foam roller at [North Shore Athletics](#). Use the Foam Roller myofascial release exercises to help you loosen tight muscles and improve any restrictions in your mobility. Do this before you begin a workout or run; use the foam roller exercises specific to the tight muscle you wish to release. You can also use the roller after a workout or run or anytime you want to do a self-massage on your muscles.

Follow the written instructions for each exercise. To release myofascial adhesions, roll the muscle until you come across a tender spot then hold there until the pain releases by 75%. To use as self-massage relaxation, roll gently over the muscle area.

## Dynamic Warm-Up Routine

There are five exercises in this routine. Do this routine before every workout to increase heart-rate, blood flow and body temperature. It will help prepare your joints and muscles for the workout ahead. This is done regardless of the level of the strength workouts (Beginner to Advanced).

Go through the exercises #1- 5 once for the required reps, then repeat for a second set and you'll be properly warmed up for your workout.

## Stretching Routine

After your workout, go through the stretching routine to bring muscles back into a proper resting length. It won't take long and is a crucial part of the program. You can also use this routine after every run.

## Workout Routine

When you do a workout the ideal routine will look like this:

1. Use the foam roller on tight muscles
2. Do the dynamic warm-up routine
3. Do the appropriate level strength workout
4. Do the stretching routine post-workout
5. Optional: use the foam roller again

## Beginner Strength Workout

There are six exercises in this workout. For the first two weeks you will do 2 sets of each exercise. For weeks three & four you will do 3 sets of each exercise. The exercises are to be done in two circuits. **A circuit simply means you move from exercise to exercise without taking a break. Rest breaks are taken after each circuit.**

Circuit	Exercises	Instructions
Circuit #1	Exercise #1 Exercise #2 Exercise #3	<ul style="list-style-type: none"><li>• Complete once, rest 30 seconds then complete for a second set.</li><li>• In weeks 3 &amp; 4, rest 30 seconds and complete a third set of the circuit.</li><li>• After completing required sets for Circuit #1, move to Circuit #2.</li></ul>
Circuit #2	Exercise #4 Exercise #5 Exercise #6	<ul style="list-style-type: none"><li>• Complete once, rest 30 seconds then complete for a second set.</li><li>• In weeks 3 &amp; 4, rest 30 seconds and complete a third set of the circuit.</li></ul>

## Intermediate Strength Workout

There are nine exercises in this workout. You will do the exercises in three circuits and three sets of each circuit.

Circuit	Exercises	Instructions
Circuit #1	Exercise #1 Exercise #2 Exercise #3 Exercise #4	<ul style="list-style-type: none"> <li>Rest 30 seconds after completing then repeat for two more sets, resting 30 sec. between each set.</li> <li>After completing three sets for Circuit #1, move to Circuit #2.</li> </ul>
Circuit #2	Exercise #5 Exercise #6	<ul style="list-style-type: none"> <li>Rest 30 seconds after completing then repeat for two more sets resting between each set.</li> <li>After completing three sets of Circuit #2, move to Circuit #3.</li> </ul>
Circuit #3	Exercise #7 Exercise #8 Exercise #9	<ul style="list-style-type: none"> <li>Rest 30 seconds after completing then repeat for two more sets resting between each set.</li> </ul>

## Advanced Strength Workout

This workout has nine exercises that will be done in a slightly different fashion. You will complete exercises #1 – 4 as Circuit 1, exercise #5 will be done on its own, exercise #6 will be done on its own, and then exercises #7 – 9 will be done as Circuit 2.

Circuit	Exercises	Instructions
Circuit #1	Exercise #1 Exercise #2 Exercise #3 Exercise #4	<ul style="list-style-type: none"> <li>Rest 30 seconds after completing then repeat for two more sets, resting 30 sec. between each set.</li> <li>After completing three sets for Circuit #1, move to Exercise #5.</li> </ul>
Exercise #5 only	Exercise #5	<ul style="list-style-type: none"> <li>Rest 30 seconds after completing then repeat for two more sets resting between each set.</li> <li>After completing three sets of Exercise #5, move to Exercise #6.</li> </ul>
Exercise #6 only	Exercise #6	<ul style="list-style-type: none"> <li>Rest 30 seconds after completing then repeat for two more sets resting between each set.</li> <li>After completing three sets of Exercise #6, move to Circuit #2.</li> </ul>
Circuit #2	Exercise #7 Exercise #8 Exercise #9	<ul style="list-style-type: none"> <li>Rest 30 seconds after completing then repeat for two more sets resting between each set.</li> </ul>

## Advanced 2 Strength Workout

This workout has eight exercises to be completed in three circuits done for three sets each.

Circuit	Exercises	Instructions
Circuit #1	Exercise #1 Exercise #2 Exercise #3	<ul style="list-style-type: none"><li>Rest 30 seconds after completing then repeat for two more sets, resting 30 sec. between each set.</li><li>After completing three sets for Circuit #1, move to Circuit #2.</li></ul>
Circuit #2	Exercise #4 Exercise #5 Exercise #6	<ul style="list-style-type: none"><li>Rest 30 seconds after completing then repeat for two more sets resting between each set.</li><li>After completing three sets of Circuit #2, move to Circuit #3.</li></ul>
Circuit #3	Exercise #7 Exercise #8	<ul style="list-style-type: none"><li>Rest 30 seconds after completing then repeat for two more sets resting between each set.</li></ul>

### All the Best

Take the time to do the exercises correctly as technique is important. I can guarantee that if you do the program as listed you will notice a difference in your running. With a stronger body and a more stable core, you'll be able to run better and stay injury free.

I wish you all the best in your races!



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[www.ultrafitness.net](http://www.ultrafitness.net)