



RESISTANCE PROGRAM FOR DISTANCE RUNNERS

| Exercise | Description | Set #1 | Set #2 | Set #3 |
|-------------------------------|--|---------------|---------------|------------------------------|
| Warm Up | 5min jog and stretch | - | - | - |
| 3 x 1km Sprints | Use McMillans calculator to determine your speed | | | |
| Resistance circuit: | Do these 4 exercises like a circuit 15-30sec break between exercises. 2 min rest at end of circuit | 1.5min | 1.5min | optional 3rd set 1min |
| 1. Skipping/hopping | Preferably with skipping rope. Hop on one leg for 30sec, switch legs, then 30sec both legs. | | | |
| 2. Bounding | jog for 20yds, bound for 50yds, jog 20, turn around and come back the same | | | |
| 3. Jumping on/off step | Pick a ledge around calf/knee height. With both feet together, jump onto the ledge then off the other side | | | |
| 4. Plyometric lunges | In a scissor like style, start slower by jumping up swapping your leg position with 2 little bounces upon landing. After 10reps eliminate the bounces so you are continually jumping from one lunge leg to the other | | | |
| Resistance circuit #2: | Do these 4 exercises like a circuit. 2 min rest at end of 4th exercise | 1.5min | 1.5min | optional 3rd set 1min |
| 1. Burpees | Take note of how high you jump and make sure the last is as high as the first | | | |
| 2. Walking lunges | Travel up for 45sec then back for 45 sec. Keep your fet shoulder width and don't let your knees collapse inwards | | | |
| 3. Sprint up stairs or hill | Sprint for about 30sec, jog back and repeat | | | |
| 4. One leg squats | Keep core switched on and glutes working. Watch knee alignment | | | |