

Dashing Whippets Strength Training '21-'22

16 Weeks

USING THIS PROGRAM

Key:

DB - Dumbbell

KB - Kettlebell

BB - Barbell

Recommended Equipment:

Resistance Bands

Chin-Up Bar

Medicine Ball

Set of Dumbbells or Kettlebells

When to Perform the Workouts:

Incorporating strength workouts into your running schedule can be difficult. Perform these workouts soon after your Quality Running Sessions, but as far away from the next Quality Running Session as possible. The best benefits come from ensuring not to go into the Strength Training Session in a deeply fatigued state while also providing enough time to recover from the Strength Training Session so that it does not effect the next Quality Running Session. Also, aim for 36-48 hours of space between Strength Training Sessions and >36 hours on each side of your 'Long Runs.'

Executing the Workouts:

After warm up, begin with the Full Body Section, performing each SuperSet in the listed order. Follow the exercise order listed within each SuperSet. Execute the designated reps for each exercise, moving to the next exercise with minimal rest but enough time to perform the designated volume. Rest between each *Repeat* of your SuperSet should be **45-90 seconds**. Rest **1-3 minutes** before moving on to the Runner's Core Circuit Section. The above guidelines also apply to the Runner's Core Circuit Section of the workout.

How it Should "Feel":

The exercises have a flexible range of reps and are meant to be accessible for most abilities and experience. Start with the low end of the rep range until it feels comfortable enough to progress to higher end of the range. If you are simultaneously participating in a running program in preparation for a race, none of these exercises should be done to *'failure'*. You should complete the set of each exercise feeling like you could do *1-2 more reps* before *'failure'*. If the recommended exercises are too difficult there are suggested alternative Regressions that can be referred to. If you find the exercises too easy, or you want more of a challenge, you can refer to the Progressions and/or *add weight* to the given exercise.

*Refer to the Notes For Athletes With Strength Training Experience section for more progression ideas.

Using the 'Suggested Alternatives' Section:

- Regression: *Easier, more accessible exercises*

+Progression: *More Difficult, more advanced exercises*

= General Alternative: *Comparable in difficulty or ability level. Available for personal preferences.*

'Runner's Core Circuit' Adjustments:

If the present week's progressions are too difficult, continue to do the previous week's exercises for this section. Start at the lower range of reps when you do progress.

Please reach out to Coach Danny at danny@dashingwhippets.org with any questions

NOTES FOR ATHLETES WITH PRIOR STRENGTH TRAINING EXPERIENCE

Adding Exercises:

If adding 1-2 exercises, add to existing supersets

If adding more than 2 exercises, consider adding an additional superset with those exercises.

Suggested Additions:

1. Single Leg/Balance

- [Single Leg Squat to chair/TRX supported](#)
- [Single leg 3-point Tap](#)
- [Single Leg RDL](#)
- [Single Leg Kettlebell Pass](#)

2. Plyometric/Jumps

- [Jump Squat](#)
- [Jump Lunge/Split Squat](#)
- [Depth Jump](#)
- [Explosive Step-Up](#)
- [Speed Skater](#)
- [Med Ball Slam](#)

3. Rotation

- [Lunge w/ Med Ball Rotation](#)
- [Side Plank w/ Rotation](#)
- [Cable Oblique Rotation](#)
- [Russian Twist](#)

4. Lower Leg - Calf/Foot/Ankle

- [Calf Raises](#)
- [Single-Leg Calf Raises](#)
- [Bent-Leg Seated Calf Raise \(Soleus\)](#)
- [Towel Pull/Scrunches](#)
- [Dorsiflexion/ Eversion/ Inversion/ Plantarflexion w/band](#)
- [Toe Walk](#)
- [Heel Walk](#)

5. Individual 'weakness' Specific - i.e. Hip, Low Back, Glute, Shins.

Load Progressions:

If an athlete is used to executing the movements with load (DB, KB, BB) a progression can be achieved by offsetting the load on many of the exercises.

Examples Include:

- [Single-Arm Dumbbell Squat](#)
- [Single-Arm Reverse Lunge](#)

Balance Progressions:

Using a Stability Ball with many of the exercises add challenging elements of core strength, stability, and balance.

Examples Include:

- [Stability Ball DB Bench Press](#)
- [Stability Ball Elbow Plank](#)

SCHEDULE

GENERAL/PERFORMANCE STRENGTH WEEKS 1-9

WEEK 1

WORKOUT A

FULL BODY

SuperSet 1 (Repeat 2-3X) w/60 sec rest
Push-Up 8-12 reps
 Cable or **Band Pull-Through** 8-12 reps
SuperSet 2 (Repeat 2-3X) w/60 sec rest
Assisted Pull-Up/Chin-Up 3-10 reps
Bodyweight Squat 8-12 reps
SuperSet 3 (Repeat 2-3x) w/60 sec rest
Farmer's Carry w/DB or KB 20-30 steps ea/side

WORKOUT B

FULL BODY

Superset 1 (Repeat 2-3X) w/60 sec rest
Push-Up/ Chest Dip 8-15 reps
 Band **Good Morning** 8-12 reps
SuperSet 2 (Repeat 2-3X) w/60 sec rest
Banded Row 10-12 reps
 Bodyweight **Split-Squat** 8-12 reps
SuperSet 3 (Repeat 2-3X) w/60 sec rest
Half-Kneeling Pallof Press w/ **Band or Cable** 8-12 ea/side

RUNNER'S CORE CIRCUIT

SuperSet 1 (Repeat 3X) w/45-60 sec rest
Elbow Plank 45-60 secs
Glute Bridge 10-15 reps
Side Elbow Plank 30-45 secs ea/side

RUNNER'S CORE CIRCUIT

SuperSet 1 (Repeat 3X) w/45-60 sec rest
Bird Dog 20 reps
Lateral Leg Raise 12-20 ea/side
Plank With Knee Drive 15-20 ea/side

SUGGESTED ALTERNATIVES (-) = REGRESSION (+) = PROGRESSION

Alternatives

Push-Up:

- [Kneeling Push-Up](#), [Incline Push-up](#)
 + [Decline Pushup](#), [Banded Push-Up](#), [DB Floor Press](#), [DB](#) or [BB Bench Press](#).

Pull-Up/Chin Up:

- [TRX/Band Assisted Pull/Chin-Up](#), [Band Pull-Down/Row](#), ['Australian' Pull/Chin-Up](#)
 + [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)

Bodyweight Squat:

- [Suspension\(TRX\) Assisted Squat](#), [Chair Squat](#)
 + [Barbell Back Squat](#), [Dumbbell Squat](#), [Jump-Squat](#)

Band Pull-Through: (=)Band Deadlift

- [Bodyweight Deadlift](#)
 + [Cable Pull-Through](#), [Weighted Deadlift](#) (KB, DB, BB)

Farmer's Carry:

- [Kneeling Pallof Press](#)
 + [Suitcase Carry](#), [Overhead Carry](#)

Alternatives

Push-Up:

- [Kneeling Push-Up](#), [Incline Push-up](#)
 + [Decline Pushup](#), [Banded Push-Up](#), [DB Floor Press](#), [DB](#) or [BB Bench Press](#).

Banded Row

- [Band Pulldown](#)
 + [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)

Bodyweight Split-Squat:

- [Suspension Assisted](#), [Bodyweight Squat](#)
 + [Bodyweight Bulgarian Split-Squat](#), [Dumbbell Split-Squat](#), [Jump Split-Squat](#)

Band Good Morning:

- [Bodyweight Good Morning](#)
 + [Band Pull-Through](#), [Weighted Deadlift](#) (KB, DB, BB)

Half-Kneeling Pallof Press:

- [Kneeling Pallof Press](#), [Farmer's Carry](#)
 + [Split-Stance Pallof Press](#), [Pallof Walk-Out](#)

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WEEK 2

WORKOUT A	WORKOUT B
FULL BODY <i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> Push-Up 8-12 reps Cable or Band Pull-Through 8-12 reps <i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Assisted Pull-Up/Chin-Up 3-10 reps Bodyweight Squat 8-12 reps <i>SuperSet 3 (Repeat 2-3x) w/60 sec rest</i> Farmer's Carry w/DB or KB 20-30 steps ea/side	FULL BODY <i>Superset 1 (Repeat 2-3X) w/60 sec rest</i> Push-Up/ Chest Dip 8-15 reps Band Good Morning 8-12 reps <i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Banded Row 10-12 reps Bodyweight Split-Squat 8-12 reps <i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> Half-Kneeling Pallof Press w/ Band or Cable 8-12 ea/side
RUNNER'S CORE CIRCUIT <i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Elbow Plank 45-60 secs Glute Bridge 10-15 reps Side Elbow Plank 30-45 secs ea/side	RUNNER'S CORE CIRCUIT <i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Bird Dog 20 reps Lateral Leg Raise 12-20 ea/side Plank With Knee Drive 15-20 ea/side

SUGGESTED ALTERNATIVES (-) = REGRESSION (+) = PROGRESSION

<p><i>Alternatives</i> Push-Up: - Kneeling Push-Up, Incline Push-up + Decline Pushup, Banded Push-Up, DB Floor Press, DB or BB Bench Press.</p> <p>Pull-Up/Chin Up: - TRX/Band Assisted Pull/Chin-Up, Band Pull-Down/Row, 'Australian' Pull/Chin-Up + Single Arm Dumbbell Row, DB Bent Over Row</p> <p>Bodyweight Squat: - Suspension(TRX) Assisted Squat, Chair Squat + Barbell Back Squat, Dumbbell Squat, Jump-Squat</p> <p>Band Pull-Through: (=)Band Deadlift - Bodyweight Deadlift + Cable Pull-Through, Weighted Deadlift (KB, DB, BB)</p> <p>Farmer's Carry: - Kneeling Pallof Press + Suitcase Carry, Overhead Carry</p>	<p><i>Alternatives</i> Push-Up: - Kneeling Push-Up, Incline Push-up + Decline Pushup, Banded Push-Up, DB Floor Press, DB or BB Bench Press.</p> <p>Banded Row - Band Pulldown + Single Arm Dumbbell Row, DB Bent Over Row</p> <p>Bodyweight Split-Squat: - Suspension Assisted, Bodyweight Squat + Bodyweight Bulgarian Split-Squat, Dumbbell Split-Squat, Jump Split-Squat</p> <p>Band Good Morning: - Bodyweight Good Morning + Band Pull-Through, Weighted Deadlift (KB, DB, BB)</p> <p>Half-Kneeling Pallof Press: - Kneeling Pallof Press, Farmer's Carry + Split-Stance Pallof Press, Pallof Walk-Out</p>
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WEEK 3

WORKOUT A	WORKOUT B
FULL BODY	FULL BODY
<p><i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> Push-Up 8-12 reps Cable or Band Pull-Through 8-12 reps</p> <p><i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Assisted Pull-Up/Chin-Up 3-10 reps Bodyweight Squat 8-12 reps</p> <p><i>SuperSet 3 (Repeat 2-3x) w/60 sec rest</i> Farmer's Carry w/DB or KB 20-30 steps ea/side</p>	<p><i>Superset 1 (Repeat 2-3X) w/60 sec rest</i> Push-Up/ Chest Dip 8-15 reps Band Good Morning 8-12 reps</p> <p><i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Banded Row 10-12 reps Bodyweight Split-Squat 8-12 reps</p> <p><i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> Half-Kneeling Pallof Press w/ Band or Cable 8-12 ea/side</p>
RUNNER'S CORE CIRCUIT	RUNNER'S CORE CIRCUIT
<p><i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Elbow Plank 45-60 secs Glute Bridge 10-15 reps Side Elbow Plank 30-45 secs ea/side</p>	<p><i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Bird Dog 20 reps Lateral Leg Raise 12-20 ea/side Plank With Knee Drive 15-20 ea/side</p>

SUGGESTED ALTERNATIVES (-) = REGRESSION (+) = PROGRESSION

<p><i>Alternatives</i> Push-Up: - Kneeling Push-Up, Incline Push-up + Decline Pushup, Banded Push-Up, DB Floor Press, DB or BB Bench Press.</p> <p>Pull-Up/Chin Up: - TRX/Band Assisted Pull/Chin-Up, Band Pull-Down/Row, 'Australian' Pull/Chin-Up + Single Arm Dumbbell Row, DB Bent Over Row</p> <p>Bodyweight Squat: - Suspension(TRX) Assisted Squat, Chair Squat + Barbell Back Squat, Dumbbell Squat, Jump-Squat</p> <p>Band Pull-Through: (=)Band Deadlift - Bodyweight Deadlift + Cable Pull-Through, Weighted Deadlift (KB, DB, BB)</p> <p>Farmer's Carry: - Kneeling Pallof Press + Suitcase Carry, Overhead Carry</p>	<p><i>Alternatives</i> Push-Up: - Kneeling Push-Up, Incline Push-up + Decline Pushup, Banded Push-Up, DB Floor Press, DB or BB Bench Press.</p> <p>Banded Row - Band Pulldown + Single Arm Dumbbell Row, DB Bent Over Row</p> <p>Bodyweight Split-Squat: - Suspension Assisted, Bodyweight Squat + Bodyweight Bulgarian Split-Squat, Dumbbell Split-Squat, Jump Split-Squat</p> <p>Band Good Morning: - Bodyweight Good Morning + Band Pull-Through, Weighted Deadlift (KB, DB, BB)</p> <p>Half-Kneeling Pallof Press: - Kneeling Pallof Press, Farmer's Carry + Split-Stance Pallof Press, Pallof Walk-Out</p>
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WEEK 4 RECOVERY WEEK 1-2 rounds of each SuperSet this week.

WORKOUT A	WORKOUT B
FULL BODY	FULL BODY
<p><i>SuperSet 1 (Repeat 1-2X) w/60 sec rest</i> Push-Up 8-12 reps Cable or Band Pull-Through 8-12 reps</p> <p><i>SuperSet 2 (Repeat 1-2X) w/60 sec rest</i> Assisted Pull-Up/Chin-Up 3-10 reps Bodyweight Squat 8-12 reps</p> <p><i>SuperSet 3 (Repeat 1-2x) w/60 sec rest</i> Farmer's Carry w/DB or KB 20-30 steps ea/side</p>	<p><i>Superset 1 (Repeat 1-2X) w/60 sec rest</i> Push-Up/ Chest Dip 8-15 reps Band Good Morning 8-12 reps</p> <p><i>SuperSet 2 (Repeat 1-2X) w/60 sec rest</i> Banded Row 10-12 reps Bodyweight Split-Squat 8-12 reps</p> <p><i>SuperSet 3 (Repeat 1-2X) w/60 sec rest</i> Half-Kneeling Pallof Press w/ Band or Cable 8-12 ea/side</p>
RUNNER'S CORE CIRCUIT	RUNNER'S CORE CIRCUIT
<p><i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Elbow Plank 45-60 secs Glute Bridge 10-15 reps Side Elbow Plank 30-45 secs ea/side</p>	<p><i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Bird Dog 20 reps Lateral Leg Raise 12-20 ea/side Plank With Knee Drive 15-20 ea/side</p>

SUGGESTED ALTERNATIVES (-) = REGRESSION (+) = PROGRESSION

<p><i>Alternatives</i> Push-Up: - Kneeling Push-Up, Incline Push-up + Decline Pushup, Banded Push-Up, DB Floor Press, DB or BB Bench Press.</p> <p>Pull-Up/Chin Up: - TRX/Band Assisted Pull/Chin-Up, Band Pull-Down/Row, 'Australian' Pull/Chin-Up + Single Arm Dumbbell Row, DB Bent Over Row</p> <p>Bodyweight Squat: - Suspension(TRX) Assisted Squat, Chair Squat + Barbell Back Squat, Dumbbell Squat, Jump-Squat</p> <p>Band Pull-Through: (=)Band Deadlift - Bodyweight Deadlift + Cable Pull-Through, Weighted Deadlift (KB, DB, BB)</p> <p>Farmer's Carry: - Kneeling Pallof Press + Suitcase Carry, Overhead Carry</p>	<p><i>Alternatives</i> Push-Up: - Kneeling Push-Up, Incline Push-up + Decline Pushup, Banded Push-Up, DB Floor Press, DB or BB Bench Press.</p> <p>Banded Row - Band Pulldown + Single Arm Dumbbell Row, DB Bent Over Row</p> <p>Bodyweight Split-Squat: - Suspension Assisted, Bodyweight Squat + Bodyweight Bulgarian Split-Squat, Dumbbell Split-Squat, Jump Split-Squat</p> <p>Band Good Morning: - Bodyweight Good Morning + Band Pull-Through, Weighted Deadlift (KB, DB, BB)</p> <p>Half-Kneeling Pallof Press: - Kneeling Pallof Press, Farmer's Carry + Split-Stance Pallof Press, Pallof Walk-Out</p>
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WEEK 5

WORKOUT A

FULL BODY

SuperSet 1 (Repeat 2-3X) w/60 sec rest
DB Bench/Floor Press or **Push-Up** 8-12 reps
Bodyweight **Reverse Lunge** 8-12 reps
SuperSet 2 (Repeat 2-3X) w/60 sec rest
Assisted Pull-Up/Chin-Up 3-10 reps
KB **Romanian Deadlift (RDL)** 8-12 reps
SuperSet 3 (Repeat 2-3X) w/60 sec rest
Suitcase Carry 20 steps each side

RUNNER'S CORE CIRCUIT

SuperSet 1 (Repeat 3X) w/45-60 sec rest
Plank w/ Shoulder Tap 12-15 each side
Single Leg Glute Bridge 8-12 reps
Reverse Plank 30-60 secs

WORKOUT B

FULL BODY

SuperSet 1 (Repeat 2-3X) w/60 sec rest
DB **Standing Overhead Press** or **Chest Dip** 8-12 reps
KB/DB **Goblet Squat** 8-12 reps
SuperSet 2 (Repeat 2-3X) w/60 sec rest
Cable **Lat Pull-Down** or **Seated Row** 8-12 reps
Bodyweight **Step-Up** 8-12 reps
SuperSet 3 (Repeat 2-3X) w/60 sec rest
Split-Stance Pallof Press 10-12 reps

RUNNER'S CORE CIRCUIT

SuperSet 1 (Repeat 3X) w/45-60 sec rest
Bird Dog 30 reps
Side Plank with Leg Lift 10-15 ea side
Wood Chops w Med Ball or **Band/Cable** 10-12 ea side

SUGGESTED ALTERNATIVES (-) = REGRESSION (+) = PROGRESSION

Alternatives

DB Bench Press:

- [Kneeling Push-Up](#), [Incline Push-up](#), [Push-Up](#), [Band Push-Up](#), [DB Floor Press](#)

+ [BB Bench Press](#), [Single-Arm DB Bench Press](#), [Stability Ball DB Bench Press](#)

Reverse Lunge:

- [Suspension\(TRX\) Assisted Reverse Lunge](#), [Split-Squat](#)
+ [DB/KB Reverse Lunge](#), [3D Lunge](#), [Elevated Reverse Lunge](#)

Pull-Up/Chin Up:

- [TRX/Band Assisted Pull/Chin-Up](#), [Band Pull-Down/Row](#), ['Australian' Pull/Chin-Up](#)

+ [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)

KB Romanian Deadlift:

- [Band Deadlift](#), [Band/Cable Pull-Through](#), [Bodyweight Deadlift](#)
+ [DB RDL](#), [BB RDL](#), [Bodyweight or KB Single-Leg RDL](#)

Suitcase Carry:

- [Half-Kneeling Pallof Press](#), [Farmer's Carry](#)
+ [Overhead Carry](#), [Overhead Pallof Press](#)

Alternatives

DB Standing Overhead Press:

- [DB Seated Overhead Press](#), ['Yoga' Push-Up](#), [BW Push-Away](#)
+ [BB Overhead Press](#), [Half-Kneeling DB Single Arm Overhead Press](#)

Chest Dip:

- [Kneeling Push-Up](#), [Incline Push-up](#)
+ [Banded Push-Up](#), [DB Floor Press](#), [DB](#) or [BB Bench Press](#).

KB/DB Goblet Squat:

- [Overhead Air Squat](#), [Bodyweight Squat](#)
+ [DB Squat](#), [Barbell Front Squat](#)

Lat Pull-Down/Seated Row:

- [Band Pull-Down/Row](#), [Assisted Pull/Chin-Up](#)
+ [Pull/Chin-Up](#), [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)

Bodyweight Step-Up:

- [Suspension Assisted BW Split-Squat](#), [Bodyweight Split-Squat](#)
+ [DB Step-Up](#), [Jump Step-Up](#), [Bodyweight/DB Bulgarian Split-Squat](#),

Split-Stance Pallof Press:

- [Half-Kneeling Pallof Press](#), [Farmer's Carry](#)
+ [Standing Pallof Press Hold](#), [Pallof Split-Squat](#), [Pallof Walk-Out](#), [Suitcase Carry](#)

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WEEK 6

WORKOUT A	WORKOUT B
FULL BODY <i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> DB Bench/Floor Press or Push-Up 8-12 reps Bodyweight Reverse Lunge 8-12 reps <i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Assisted Pull-Up/Chin-Up 3-10 reps KB Romanian Deadlift (RDL) 8-12 reps <i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> Suitcase Carry 20 steps each side	FULL BODY <i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> DB Standing Overhead Press or Chest Dip 8-12 reps KB/DB Goblet Squat 8-12 reps <i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Cable Lat Pull-Down or Seated Row 8-12 reps Bodyweight Step-Up 8-12 reps <i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> Split-Stance Pallof Press 10-12 reps
RUNNER'S CORE CIRCUIT <i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Plank w/ Shoulder Tap 12-15 each side Single Leg Glute Bridge 8-12 reps Reverse Plank 30-60 secs	RUNNER'S CORE CIRCUIT <i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Bird Dog 30 reps Side Plank with Leg Lift 10-15 ea side Wood Chops w Med Ball or Band/Cable 10-12 ea side

SUGGESTED ALTERNATIVES (-) = REGRESSION (+) = PROGRESSION

Alternatives
DB Bench Press:
- [Kneeling Push-Up](#), [Incline Push-up](#), [Push-Up](#), [Band Push-Up](#), [DB Floor Press](#)
+ [BB Bench Press](#), [Single-Arm DB Bench Press](#), [Stability Ball DB Bench Press](#)
Reverse Lunge:
- [Suspension\(TRX\) Assisted Reverse Lunge](#), [Split-Squat](#)
+ [DB/KB Reverse Lunge](#), [3D Lunge](#), [Elevated Reverse Lunge](#)
Pull-Up/Chin Up:
- [TRX/Band Assisted Pull/Chin-Up](#), [Band Pull-Down/Row](#), ['Australian' Pull/Chin-Up](#)
+ [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)
KB Romanian Deadlift:
- [Band Deadlift](#), [Band/Cable Pull-Through](#), [Bodyweight Deadlift](#)
+ [DB RDL](#), [BB RDL](#), [Bodyweight or KB Single-Leg RDL](#)
Suitcase Carry:
- [Half-Kneeling Pallof Press](#), [Farmer's Carry](#)
+ [Overhead Carry](#), [Overhead Pallof Press](#)

Alternatives
DB Standing Overhead Press:
- [DB Seated Overhead Press](#), ['Yoga' Push-Up](#), [BW Push-Away](#)
+ [BB Overhead Press](#), [Half-Kneeling DB Single Arm Overhead Press](#)
Chest Dip:
- [Kneeling Push-Up](#), [Incline Push-up](#)
+ [Banded Push-Up](#), [DB Floor Press](#), [DB](#) or [BB Bench Press](#).
KB/DB Goblet Squat:
- [Overhead Air Squat](#), [Bodyweight Squat](#)
+ [DB Squat](#), [Barbell Front Squat](#)
Lat Pull-Down/Seated Row:
- [Band Pull-Down/Row](#), [Assisted Pull/Chin-Up](#)
+ [Pull/Chin-Up](#), [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)
Bodyweight Step-Up:
- [Suspension Assisted BW Split-Squat](#), [Bodyweight Split-Squat](#)
+ [DB Step-Up](#), [Jump Step-Up](#), [Bodyweight/DB Bulgarian Split-Squat](#),
Split-Stance Pallof Press:
- [Half-Kneeling Pallof Press](#), [Farmer's Carry](#)
+ [Standing Pallof Press Hold](#), [Pallof Split-Squat](#), [Pallof Walk-Out](#), [Suitcase Carry](#)

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WEEK 7

WORKOUT A	WORKOUT B
FULL BODY <i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> DB Bench/Floor Press or Push-Up 8-12 reps Bodyweight Reverse Lunge 8-12 reps <i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Assisted Pull-Up/Chin-Up 3-10 reps KB Romanian Deadlift (RDL) 8-12 reps <i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> Suitcase Carry 20 steps each side	FULL BODY <i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> DB Standing Overhead Press 8-12 reps DB Squat 8-12 reps <i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Cable Lat Pull-Down or Seated Row 8-12 reps Bulgarian Split-Squat 8-12 reps each side <i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> Standing Pallof Press Hold 45-60 secs each side
RUNNER'S CORE CIRCUIT <i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Renegade Row 12-15 each side Single Leg Glute Bridge 8-12 reps Reverse Plank 30-60 secs	RUNNER'S CORE CIRCUIT <i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Bear Crawl Hold 30 reps Side Plank with Leg Lift 10-15 ea side Wood Chops w Med Ball or Band/Cable 10-12 ea side

SUGGESTED ALTERNATIVES (-) = REGRESSION (+) = PROGRESSION

Alternatives
DB Bench Press:
- [Kneeling Push-Up](#), [Incline Push-up](#), [Push-Up](#), [Band Push-Up](#), [DB Floor Press](#)
+ [BB Bench Press](#), [Single-Arm DB Bench Press](#), [Stability Ball DB Bench Press](#)
Reverse Lunge:
- [Suspension\(TRX\) Assisted Reverse Lunge](#), [Split-Squat](#)
+ [DB/KB Reverse Lunge](#), [3D Lunge](#), [Elevated Reverse Lunge](#)
Pull-Up/Chin Up:
- [TRX/Band Assisted Pull/Chin-Up](#), [Band Pull-Down/Row](#), ['Australian' Pull/Chin-Up](#)
+ [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)
KB Romanian Deadlift:
- [Band Deadlift](#), [Band/Cable Pull-Through](#), [Bodyweight Deadlift](#)
+ [DB RDL](#), [BB RDL](#), [Bodyweight or KB Single-Leg RDL](#)
Overhead Carry:
- [Suitcase Carry](#), [Farmer's Carry](#)
= [Overhead Carry](#), [Overhead Pallof Press](#)

Alternatives
DB Standing Overhead Press:
- [DB Seated Overhead Press](#), ['Yoga' Push-Up](#), [BW Push-Away](#)
+ [BB Overhead Press](#), [Half-Kneeling DB Single Arm Overhead Press](#)
Chest Dip:
- [Kneeling Push-Up](#), [Incline Push-up](#)
+ [Banded Push-Up](#), [DB Floor Press](#), [DB](#) or [BB Bench Press](#).
KB/DB Squat:
- [Overhead Air Squat](#), [Bodyweight Squat](#), [DB Goblet Squat](#)
+ [BB Back Squat](#), [Barbell Front Squat](#)
Lat Pull-Down/Seated Row:
- [Band Pull-Down/Row](#), [Assisted Pull/Chin-Up](#)
+ [Pull/Chin-Up](#), [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)
Bulgarian Split-Squat:
- [Suspension Assisted BW Split-Squat](#), [Bodyweight Split-Squat](#)
+ [DB Step-Up](#), [Jump Step-Up](#), [Suspension Bulgarian Split-Squat](#)
Standing Pallof Press Hold:
- [Half-Kneeling Pallof Press](#), [Farmer's Carry](#)
= [Pallof Split-Squat](#), [Pallof Walk-Out](#), [Suitcase Carry](#)

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WEEK 8

WORKOUT A	WORKOUT B
FULL BODY <i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> DB Bench/Floor Press or Push-Up 8-12 reps Bodyweight Lateral Lunge 8-12 reps each side <i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Assisted Pull-Up/Chin-Up 3-10 reps KB Romanian Deadlift (RDL) 8-12 reps <i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> KB Overhead Carry 20 steps each side	FULL BODY <i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> DB Standing Overhead Press 8-12 reps DB Squat 8-12 reps <i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Cable Lat Pull-Down or Seated Row 8-12 reps Bulgarian Split-Squat 8-12 reps each side <i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> Standing Pallof Press Hold 45-60 secs each side
RUNNER'S CORE CIRCUIT <i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Renegade Row 12-15 each side Single Leg Glute Bridge 8-12 reps Reverse Plank 30-60 secs	RUNNER'S CORE CIRCUIT <i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Bear Crawl Hold 30-60 seconds Side Plank with Leg Lift 10-15 ea side Wood Chops w Med Ball or Band/Cable 10-12 ea side
SUGGESTED ALTERNATIVES (-) = REGRESSION (+) = PROGRESSION	
Alternatives DB Bench Press: - Kneeling Push-Up , Incline Push-up , Push-Up , Band Push-Up , DB Floor Press + BB Bench Press , Single-Arm DB Bench Press , Stability Ball DB Bench Press Lateral Lunge: = Reverse Lunge - Suspension(TRX) Assisted Reverse Lunge , Split-Squat + DB/KB Reverse Lunge , 3D Lunge , Elevated Reverse Lunge Pull-Up/Chin Up: - TRX/Band Assisted Pull/Chin-Up , Band Pull-Down/Row , 'Australian' Pull/Chin-Up + Single Arm Dumbbell Row , DB Bent Over Row KB Romanian Deadlift: - Band Deadlift , Band/Cable Pull-Through , Bodyweight Deadlift + DB RDL , BB RDL , Bodyweight or KB Single-Leg RDL Overhead Carry: - Suitcase Carry , Farmer's Carry = Overhead Carry , Overhead Pallof Press	Alternatives DB Standing Overhead Press: - DB Seated Overhead Press , 'Yoga' Push-Up , BW Push-Away + BB Overhead Press , Half-Kneeling DB Single Arm Overhead Press Chest Dip: - Kneeling Push-Up , Incline Push-up + Banded Push-Up , DB Floor Press , DB or BB Bench Press . KB/DB Squat: - Overhead Air Squat , Bodyweight Squat , DB Goblet Squat + BB Back Squat , Barbell Front Squat Lat Pull-Down/Seated Row: - Band Pull-Down/Row , Assisted Pull/Chin-Up + Pull/Chin-Up , Single Arm Dumbbell Row , DB Bent Over Row Bulgarian Split-Squat: - Suspension Assisted BW Split-Squat , Bodyweight Split-Squat + DB Step-Up , Jump Step-Up , Suspension Bulgarian Split-Squat Standing Pallof Press Hold: - Half-Kneeling Pallof Press , Farmer's Carry = Pallof Split-Squat , Pallof Walk-Out , Suitcase Carry

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WEEK 9 RECOVERY WEEK

WORKOUT A	WORKOUT B
FULL BODY	FULL BODY
<p><i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> DB Bench/Floor Press or Push-Up 8-12 reps Bodyweight Lateral Lunge 8-12 reps each side</p> <p><i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Assisted Pull-Up/Chin-Up 3-10 reps KB Romanian Deadlift (RDL) 8-12 reps</p> <p><i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> KB Overhead Carry 20 steps each side</p>	<p><i>SuperSet 1 (Repeat 2-3X) w/60 sec rest</i> DB Standing Overhead Press 8-12 reps DB Squat 8-12 reps</p> <p><i>SuperSet 2 (Repeat 2-3X) w/60 sec rest</i> Cable Lat Pull-Down or Seated Row 8-12 reps Bulgarian Split-Squat 8-12 reps each side</p> <p><i>SuperSet 3 (Repeat 2-3X) w/60 sec rest</i> Standing Pallof Press Hold 45-60 secs each side</p>
RUNNER'S CORE CIRCUIT	RUNNER'S CORE CIRCUIT
<p><i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Renegade Row 12-15 each side Single Leg Glute Bridge 8-12 reps Reverse Plank 30-60 secs</p>	<p><i>SuperSet 1 (Repeat 3X) w/45-60 sec rest</i> Bear Crawl Hold 30-60 seconds Side Plank with Leg Lift 10-15 ea side Wood Chops w Med Ball or Band/Cable 10-12 ea side</p>

SUGGESTED ALTERNATIVES (-) = REGRESSION (+) = PROGRESSION

Alternatives
DB Bench Press:
 - [Kneeling Push-Up](#), [Incline Push-up](#), [Push-Up](#), [Band Push-Up](#), [DB Floor Press](#)
 + [BB Bench Press](#), [Single-Arm DB Bench Press](#), [Stability Ball DB Bench Press](#)

Lateral Lunge:
 = [Reverse Lunge](#)
 - [Suspension\(TRX\) Assisted Reverse Lunge](#), [Split-Squat](#)
 + [DB/KB Reverse Lunge](#), [3D Lunge](#), [Elevated Reverse Lunge](#)

Pull-Up/Chin Up:
 - [TRX/Band Assisted Pull/Chin-Up](#), [Band Pull-Down/Row](#), ['Australian' Pull/Chin-Up](#)
 + [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)

KB Romanian Deadlift:
 - [Band Deadlift](#), [Band/Cable Pull-Through](#), [Bodyweight Deadlift](#)
 + [DB RDL](#), [BB RDL](#), [Bodyweight or KB Single-Leg RDL](#)

Overhead Carry:
 - [Suitcase Carry](#), [Farmer's Carry](#)
 = [Overhead Carry](#), [Overhead Pallof Press](#)

Alternatives
DB Standing Overhead Press:
 - [DB Seated Overhead Press](#), ['Yoga' Push-Up](#), [BW Push-Away](#)
 + [BB Overhead Press](#), [Half-Kneeling DB Single Arm Overhead Press](#)

Chest Dip:
 - [Kneeling Push-Up](#), [Incline Push-up](#)
 + [Banded Push-Up](#), [DB Floor Press](#), [DB](#) or [BB Bench Press](#).

KB/DB Squat:
 - [Overhead Air Squat](#), [Bodyweight Squat](#), [DB Goblet Squat](#)
 + [BB Back Squat](#), [Barbell Front Squat](#)

Lat Pull-Down/Seated Row:
 - [Band Pull-Down/Row](#), [Assisted Pull/Chin-Up](#)
 + [Pull/Chin-Up](#), [Single Arm Dumbbell Row](#), [DB Bent Over Row](#)

Bulgarian Split-Squat:
 - [Suspension Assisted BW Split-Squat](#), [Bodyweight Split-Squat](#)
 + [DB Step-Up](#), [Jump Step-Up](#), [Suspension Bulgarian Split-Squat](#)

Standing Pallof Press Hold:
 - [Half-Kneeling Pallof Press](#), [Farmer's Carry](#)
 = [Pallof Split-Squat](#), [Pallof Walk-Out](#), [Suitcase Carry](#)

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WEEK 10-15 or 16 (End as taper begins)

Choose 1-3 Workouts/Week (Workouts A-F). Same numbered exercises are interchangeable (1-7).

A

(Repeat 1-3X) w/60 sec rest

1. **Pull-Up/Chin-Up** 5-12 reps
2. **Single Leg Bridge** 10-15 reps
3. **Squat with Overhead Med. Ball Press** 10-15 reps
4. **Band Good Morning** 10-15 reps
5. **Standing Calf Raise** 15-20 reps
6. **Band Reverse Monster Walk** 15 steps
7. **Side Plank with Rotation** 12 reps ea side

B

(Repeat 1-3X) w/60 sec rest

1. **Bodyweight Chest Dip** 8-12 reps
2. **Side Plank w/Lateral Leg Raise** 10-15 reps ea side
3. **Split Squat w/Band Row** 10-12 ea side
4. **Bodyweight Step Down** 15 ea side
5. **Seated Calf Raise** 12-20 reps
6. **Band Around-Forefoot Lateral Walks** 10-12 steps ea side
7. **Marching Bridge** 20 reps

C

(Repeat 1-3X) w/60 sec rest

1. **Overhead Push Press** 12-15 reps
OR **Half-Kneeling Single Arm Overhead Press** 8-12 ea side
2. **Band Bridge Hold** 45-60 secs
3. **Forward Lunge w/Med. Ball Rotation** 10-15 ea side
4. **Straight Arm Band Pull-Down** 10-12 reps
5. **Toe Walks** 20-30 steps
6. **Speed Skater** 10-12 ea side
7. **Marching Plank** 10-12 ea side

D

(Repeat 1-3X) w/60 sec rest

1. **Alternating Single Arm DB Bench Press** 10-12 reps ea side
2. **Renegade Row/Plank with Shoulder Tap** 10-12 ea side
3. **Bodyweight Single Leg RDL** 8-12 ea side
4. **Supine Hip Flexor March** w/Band 10 ea side
5. **Seated Dorsiflexion** W/Band 10-12 ea side
6. **Monster Band Walks** 20 steps
7. **Reverse Plank** 45-60 secs

E

(Repeat 1-3X) w/60 sec rest

1. **Push Up** 10-20 reps
2. **Bird Dog** 20-30 reps
3. **Banded Reverse Lunge** 10-12 ea side
4. **Banded Knee Drives** 10-12 ea side
5. **Heel Walks** 15-20 steps
6. **Banded Toe Taps** 6-10 ea direction
7. **Lying Lateral Leg Raise** 6-10 ea side

F

(Repeat 1-3X) w/60 sec rest

1. **Bent Over Alternating DB Row** 10-12 ea side
2. **Side Plank Dips** 20 ea side
3. **Lateral/Side Step-Up** 10-12 ea side
4. **Single Leg 3-Point Tap** 3-5 each tap
5. **Towel Pulls/Scrunches** 2-3 pulls each foot
6. **Band Standing Lateral Leg Raise** 12-15 ea side
7. **Clam Shell** w/Band 15-20 reps ea side

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