

Strength Training for Runners: Bodyweight Routine

Weak hips and glutes are one of the biggest contributors to running injuries. Strength training just 2x per week can reduce your injury risk significantly and improve your running power.

This simple bodyweight plan is a great place to start. With no equipment, you can do this routine anywhere, PLUS it only takes about 15 minutes. Add this routine to your training two times per week.

Ready to progress more? Contact us to help you reach your next PR. Whether you need a custom running training plan, strength training plan for runners, or one-on-one coaching, we can help.

Email fastpackrunning@gmail.com

Exercises:

1. Squat

2. Single Leg Deadlift

3. Lunges

4. Push Ups

5. Glute Bridge

6. Plank

Perform each move for 8 to 10 repetitions using slow and controlled form. Once you have finished all reps, rest for one minute, then repeat the exercise. Start with 2 sets of each exercise, then progress to 3 sets per exercise. For the plank, begin with a 30 second hold for each set, then progress to 45 seconds, and eventually one minute.

Follow this strength routine two times per week to help strengthen your legs, hips, and core.

How To Perform Each Move

Squat: stand with feet shoulder-width apart, keep your chest up, and push your hips back as if sitting in a chair, lowering until your thighs are parallel to the floor. Drive through your heels to return to the starting position, keeping your knees in line with your toes and maintaining a neutral spine throughout the movement.

Single-leg deadlift: stand on one leg with a slight bend in the knee, hinge at the hips, and extend the other leg straight back while lowering your torso to maintain a flat back and balanced form. Continue until you feel tension in your hamstrings and glutes, or your body forms a straight line from head to heel. Engage your core and drive through your standing heel to return to the starting position.

Lunges: stand tall, step one foot forward, and lower your hips until both knees are bent at approximately a 90-degree angle, ensuring your front knee doesn't extend past your toes. Press through your front heel to return to the starting position and repeat on the other leg.

Push Ups: start in a high plank position with hands slightly wider than shoulder-width apart, then lower your chest to the floor by bending your elbows. Push back up to the starting position, maintaining a straight line from head to heels and keeping your core and glutes engaged.

Glute Bridge: lie on your back with knees bent and feet flat on the floor. Engage your core and squeeze your glutes to lift your hips until your body forms a straight line from shoulders to knees, keeping your back flat. Hold briefly, then slowly lower back down to the starting position.

Plank: lie face down, then support your body on your forearms with elbows directly beneath your shoulders and your toes. Lift your hips and body into a straight line from head to heels, engaging your core and glutes to keep your body level and stable. Hold this position.