

# 7 Day Runners Strength

**JM**  
ATHLETICS

Train for life outside the gym

Day 1





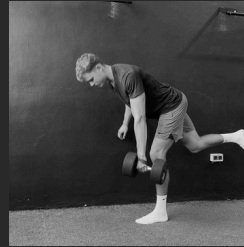



W1

Exercise	Sets x Reps	Visuals	
<p>Pogo Jumps</p> <p>Bench Push Off</p>	<p>3 x 6</p> <p>3 x 6</p>		
<p>Front Squat</p> <p>SA Overhead Press</p>	<p>4 x 6</p> <p>3 x 8e</p>		
<p>Pezzi-Ball Leg Curl</p> <p>Plank Row</p>	<p>3 x 10</p> <p>3 x 10e</p>		
<p>Monster Walk</p> <p>Kopenhagen Plank</p>	<p>3 x 10e</p> <p>3 x 30sec. e</p>		

e = each side      SA = Single Arm

Day 2

W1

Exercise	Sets x Reps	Visuals	
Skater Jumps Med. Ball Slam	3 x 6 3 x 6		
Chin Up SL Box Squat	4 x 6 3 x 8e		
SL Deadlift Hollow Hold Press	3 x 10e 3 x 10		
SL Calf Raise Bench Hip Flexor	3 x 10e 3 x 10e		

e = each side

SL = Single Leg