

**7 Day  
Runners  
Strength**

**at Home**


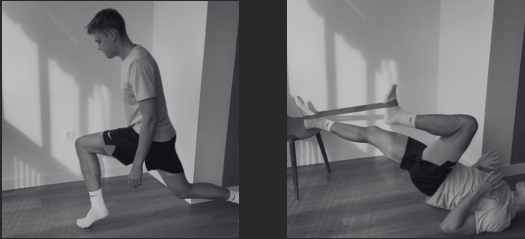


**JM**

ATHLETICS

**Train for life outside the gym**

W1  
Day 1

Klicke auf das Bild für das Erklärvideo

Exercise	Sets x Reps	Visuals
Drop to Jump SL Side to Side	3 x 6 3 x 8e	
Lunge Hold Calf Raise Hamstring Hold Hip Flexor	3 x 15e 3 x 8e	
SL Hip Thrust Shoulder Tap	3 x 10e 3 x 10e	
Arm Circles Copenhagen Plank Add. /Abd.	3 x 15 3 x 10e	

e = each side    SA = Single Arm    SL = Single Leg

Klicke auf das Bild für das Erklärvideo

## Exercise

## Sets x Reps

## Visuals

SL Jump to Land

3 x 6e



Pogo Jump  
Alternating Split Stance

3 x 10



Sliding Reverse Lunge

3 x 15e

Leg Curl

3 x 8

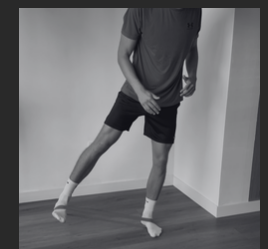
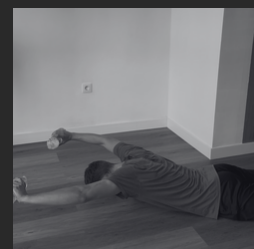


Hip Up Hold Leg Lift  
(Calf Iso)

3 x 10e

Bear Crawl Hand Walk Out

3 x 15

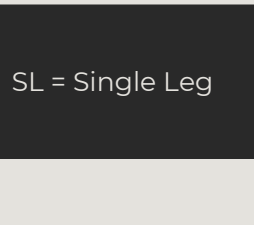


Prone Press

3 x 15

Banded Abd./Add.

3 x 10e



e = each side

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SL = Single Leg