Centreville High School Cross Country

General Strength Programs

Strength training is an important part of any runner’s program. Strength training has been shown to improve running economy (so your body uses energy more efficiently) and can prevent the risk of injuries! Each general strength (GS) program should each be done once a week after a maintenance run. Each exercise can be performed with just your bodyweight - no equipment necessary! Start with lower reps and increase your reps by 2 - 3 every 2 weeks. Proper form and deliberate execution of every rep is the key to getting stronger!

Day 1 - 2 sets of 10 - 15 reps per exercise

Heel Walks - 20 yards each

Push-Ups

Prisoner Squats (hands behind head)

Alternate Superman

Push-Ups w/Clap

Reverse Lunges w/Knee Drive

Deadbugs

Bench Dips (hands on a park bench or any stable, elevated surface you can find)

Lateral Lunges

Side Plank w/Bottom Knee Up - 30 seconds each

Toe Walks - 20 yards each

Day 2 - 2 sets of 10 - 15 reps per exercise

Heel Walks - 20 yards each

Single-Leg Squats (L&R)

Push-Ups

Plank Shoulder Taps

Counter-balance Squats (arms straight out in front)

Bench Dips (hands on a park bench or any stable, elevated surface you can find)

Mountain Climbers - 30 seconds

Single-Leg RDL (L&R) (RDL = Romanian Deadlift; MUST GO SLOWLY!)

Push-Ups w/Clap

Supine Leg Raises

Toe Walks - 20 yards each