

STRENGTH & CONDITIONING
FOR RUNNERS



COMPLETE
ENDURANCE RUNNING

HOME BODYWEIGHT PROGRAMME

www.completeendurancerunning.com



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As we write this, the world is dealing with the COVID-19 epidemic. As many people are limited to their homes, with little or no training equipment, we hope the following programme helps to keep you active during this difficult time.

No equipment is absolutely necessary. If possible, the following would help but they're not essential.

- Foam roller - If you're new to foam rolling, we'd recommend purchasing [this one](#). If you'd like something firmer, [the Grid](#) is ideal.
- Resistance bands - These are always handy and we'd recommend [this type](#).
- Yoga mat - For floor exercises, we'd recommend [this mat](#).



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D I S C L A I M E R > > >

All users of this programme should be at least 18 years of age.

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GETTING STARTED >>>

The warm-ups

Warm-ups are an essential part of each session. They are designed to give you extra time working on things that will, over time, add up to a lot of extra training volume but in a way that doesn't add to the fatigue and stress on your body. For that reason and as with all things in the programme, **DO NOT SKIP ANYTHING!**

The cool-downs

Similarly, cool downs serve a specific purpose. They will aid in your general recovery and help maintain your joint and muscle health.

We know these elements can seem like the green vegetables of training but trust us when we say they are just as important as the 'meat and potatoes'!



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W A R M U P >>>

The warm-up is designed with the specific session in mind. All the things that need to be loose and mobile will be, and all the things that need to be activated and ready to work will be. Take your time to get to know your body a little better prior to each workout.

- 3-5 mins of vigorous foam rolling; focusing on calves, outer hips, inner thighs, hamstrings and glutes
- 1 minute foam rolling the thoracic spine
- 3 x Dynamic kneeling hip flexor sequence (each leg)
- 12 x Leg swings; front to back (each leg)
- 8 x kneeling thoracic rotations (each arm)
- 2 x 10 banded glute bridges (perform without band if you don't have one)
- 2 x 15 steps of lateral band-walks (each way)

(Click on each to see video tutorials)



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MAIN WORKOUT >>>

The main part of the workout is a circuit. This means that you perform one exercise after another with a short rest of around 10 seconds between each exercise. Then at the end of the circuit, you can take 1-2 minutes rest before starting the circuit again. Depending on how you feel and your own fitness level, we'd suggest going round the circuit 2-4 times.

On the following page, you'll find the exercises in the order they should be performed. Please note, the repetition ranges are to allow for all levels. We all have different training experience so if the top of the repetition range feels too difficult, scale down. Equally if you have plenty of strength training history then by all means add external loads like dumbbells or kettle bells to make the same workout harder.



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- Forward lunges - 6-8 reps on each leg (alternating)
- Walkouts - 4-6 reps
- Single leg hip thrusts (use a bench or sofa) - 6-8 reps on each leg
- Anti-rotation reaches (to regress, place hands on a raised surface like a bench or sofa) - 6-8 reps each side (alternating)
- Lateral lunges - 6-8 reps on each leg (alternating)
- Side plank (to regress, perform with knees on the floor bent at 90 degrees) - 30-45 seconds each side

(Click on each to see video tutorials)



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C O O L D O W N > > >

The cool-down is designed to allow for full recovery. Many of the muscles you've used will still get sore in the following couple of days but that's entirely normal if you've not trained much before. Get to know what works for you and your body to get the most out of each workout.

- 3 mins foam rolling anything that still feels particularly tight
- 5 mins of static stretching focused on: chest hip flexors glutes

(Click muscle groups to see video tutorials)



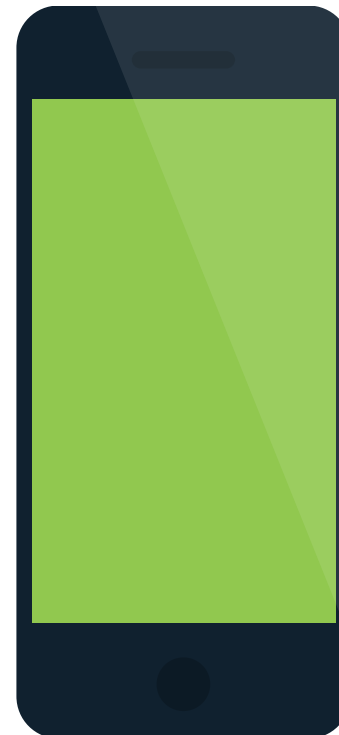
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We really hope the above plan goes some way towards helping you at this difficult time. If you've found this training plan useful, please leave us a review on [facebook.com/completeendurancerunning](https://www.facebook.com/completeendurancerunning)

Take care and keep healthy
Marc, Alex & Tessa

Or find us on social media
for more tips and advice



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