

**FOR
RUNNERS
ONLY:
WORLD CLASS
STRENGTH,
SPEED, AND
MOBILITY
TRAINING**

verticalpush.com



WORLD CLASS STRENGTH, SPEED, AND MOBILITY TRAINING

- Welcome to your new World Class Training Plan. This plan offers supplemental training sessions to the beginner to intermediate level runner. It is designed to improve your durability and strength.
- In this 6-week program, each supplemental session should match the intensity of your running workouts. Each session indicates what type of run, if any, should accompany the given circuit.
- The plan includes 4 days per week with workouts ranging from 15-45 minutes. The plan also includes 2 additional optional days each week.
- Each session has a “Theme”, which targets key concepts in running mechanics, and recovery.
- You will need: a bench or step, small dumbbells or a barbell, a medicine ball, and an elastic loop/bungee.
- Each session has an accompanying YouTube playlist that takes you through the exercises.
- At any time, feel free to email me at carrie@verticalpush.com with any questions.

WEEK 2 OVERVIEW:

We use the same activities as Week 1, allowing you to get comfortable with the flow. Each circuit is slightly longer than last week.

	DAY 1	DAY 2	DAY 3	DAY 4	OPTIONAL DAY 5	OPTIONAL DAY 6
Theme	Posture and Restoration	Dynamic movement and Strength	Mobility	Dynamic movement	Posture and Restoration	Mobility
Accompanying run workout	Easy run, long run, or day off	Long intervals, fartlek, hills, tempo, or steady state.	Easy run, long run, or day off	Faster intervals, hills, fartlek, tempo	Easy run, long run, or day off	Easy run, long run or day off
Strength. Speed, Mobility activity	15 minute posture circuit	40-minute weight lifting and multi-jump circuit	15 minute dynamic flexibility circuit	25-minute drills and multi-jump circuit	15 minute posture circuit	15 minute dynamic flexibility circuit

WEEK 2, DAY 1: POSTURE AND RESTORATION

Your body is beginning to adapt to the new activities. Posture is key to durability so we continue with this light circuit. This time with different work/rest rep schemes.

Accompanying run workout:
Easy run, long run, or day off

[*CLICK ON THIS BOX TO SEE VIDEOS OF EXERCISES*](#)

CIRCUIT

15 reps each, 20 seconds rest in between exercises

Go through entire circuit 2-3 times:

1. 90-90 Chair breathing
2. Wall sits
3. Kneeling bows
4. Supermans
5. Wall sits with arm slides
6. Stretch loop monster walks R
7. Stretch loop monster walks L
8. Bar hangs

WEEK 2, DAY 2: DYNAMIC MOVEMENT AND STRENGTH

Hip function is key to an efficient stride. Here are some hops and lower body exercises that train you to efficiently land and push off, just like you do when you run.

Keep your pelvis tucked (a good cue is “pull your bellybutton towards your spine) and lower abdominal muscles flexed so that you can isolate the drive through the hips.

Ease into the step ups, starting with a lower box or stair and gradually increasing the height over the 6-week period.

Accompanying run workout:

Longer intervals, hills, fartlek, or threshold work

Additional notes about the circuits:

On the jumps, keep your toes up and ankles stiff. “Brace” or stiffen your ankles for landing with each jump.

Terms:

DL = Double leg

DB = Dumbbell

R/L = Right and Left alternating

OH = Overhead

[CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES](#)

MULTI-JUMP CIRCUIT-

2x4 for each direction indicated. Take your time in between exercises:

1. DL hops fwd
2. DL hops bkwd
3. Dynamic step ups R/L
4. DL line hops fwd/bkwd
5. DL line hops lateral

BODYBUILDING CIRCUIT

3x8 for each exercise in circuit fashion

Weight should be tough enough where the last two reps are a slight strain.

****VERY IMPORTANT: Take 60 seconds rest in between each exercise:**

1. DB lunges R/L
2. DB bench press
3. Seated Russian twists R/L
4. Lateral step ups R
5. Lateral step ups L
6. Cable or DB rows
7. OH oblique crunches R/L

WEEK 2, DAY 3: MOBILITY

This circuit is for another recovery day. You'll be amazed at how much better you feel after working your flexibility a bit.

Accompanying run workout:
Easy run, long run, or day off

[*CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES*](#)

CIRCUIT

10 reps each side:

1. Leg swings fwd/bkwd
2. Leg swings lateral
3. Hurdle trail leg fwd
4. Hurdle trail leg bkwd
5. Table reach-through
6. Seated internal rotation
7. Seated IT band
8. Walking foot grab
9. Walking knee hug
10. Scorpions

WEEK 2, DAY 4: DYNAMIC MOVEMENT

Here is another day where you can isolate the drive through your hips. We do more lateral (sideways) movements to prevent overuse in one direction.

Ease into the step ups, starting with a lower box or stair and gradually increasing the height over the 6-week period.

Accompanying run workout:

Faster intervals, hills, fartlek, or threshold work.

Terms:

MB = Medicine ball

DL = Double leg

[CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES](#)

DRILLS

Perform each exercise 2 x 20m:

1. Bent leg can-can walks to the R
2. Bent leg can-can walks to the L
3. Can-can (straight leg) walks to the R
4. Can-can (straight leg) walks to the L
5. Backward skips

CIRCUIT

Perform each exercise 3x8:

1. Lateral dynamic step up R
2. Lateral dynamic step up L
3. Rotational MB chest pass R
4. Rotational MB chest pass L
5. DL hops to the R
6. DL hops to the L

WEEK 2, DAY 5 (OPTIONAL): POSTURE AND RESTORATION

Here is a light workout that will train your postural muscles and speed up the recovery process for your next hard workout.

Accompanying run workout:

Easy run, long run, or day off

Terms:

R = Right

L = Left

[CLICK ON THIS BOX TO SEE VIDEOS OF EXERCISES](#)

CIRCUIT

15 reps each, 20 seconds rest in between exercises

Go through entire circuit 2-3 times:

1. 90-90 Chair breathing
2. Wall sits
3. Kneeling bows
4. Supermans
5. Wall sits with arm slides
6. Stretch loop monster walks R
7. Stretch loop monster walks L
8. Bar hangs

WEEK 2, DAY 6 (OPTIONAL): MOBILITY

This circuit is for another recovery day. You'll be amazed at how much better you feel after working your flexibility a bit.

Accompanying run workout:
Easy run, long run, or day off

[**CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES**](#)

CIRCUIT

8 reps each side:

1. Leg swings fwd/bkwd
2. Leg swings lateral
3. Hurdle trail leg fwd
4. Hurdle trail leg bkwd
5. Table reach-through
6. Seated internal rotation
7. Seated IT band
8. Walking foot grab
9. Walking knee hug
10. Scorpions

WEEK 3 OVERVIEW:

Week 3 offers new exercises that are more complex, while still including the important recovery day activities.

	DAY 1	DAY 2	DAY 3	DAY 4	OPTIONAL DAY 5	OPTIONAL DAY 6
Theme	Posterior chain and Restoration	Dynamic movement and Hip extension	Mobility	Lateral and Rotational movement	Posterior chain and Restoration	Mobility
Accompanying run workout	Easy run, long run, or day off	Long intervals, fartlek, hills, tempo, or steady state.	Easy run, long run, or day off	Faster intervals, hills, fartlek, tempo	Easy run, long run, or day off	Easy run, long run or day off
Strength. Speed, Mobility activity	15 minute posture circuit	40-minute weight lifting and multi-jump circuit	15 minute dynamic flexibility circuit	25-minute drills and multi-jump circuit	15 minute posture circuit	15 minute dynamic flexibility circuit