

### General Notes:

This program was designed for a 3x weekly session.

Intensity: Ensure the exercises are challenging but maintain proper form.

Progression: Gradually increase weights, reps, or intensity as you progress through the weeks.

Recovery: Incorporate rest days and focus on adequate nutrition and sleep.

Flexibility: Adjust the sessions based on your schedule and recovery status.

This program aims to enhance overall strength, endurance, core stability, and mobility, all essential for running athletes.

## **Week 1-3: Foundation Phase**

### Session 1: Lower Body Strength

#### Warm-Up

Dynamic stretches

Light cardio (jump rope, jogging)

#### Workout

Squats: 3x10-12 reps

Lunges: 3x12 reps per leg

Romanian Deadlifts: 3x10-12 reps

Step-Ups: 3x10 reps per leg

Calf Raises: 3x15 reps

#### Cool Down

Static stretches

Deep breathing

## Session 2: Upper Body and Core

### Warm-Up

Dynamic stretches  
Light cardio

### Workout

Push-Ups: 3x15 reps  
Dumbbell Rows: 3x10-12 reps per arm  
Shoulder Press: 3x10-12 reps  
Bicycle Crunches: 3x20 reps (10 each side)  
Plank: 3x45-60 seconds

### Cool Down

Static stretches  
Deep breathing

## Session 3: Endurance and Mobility

### Warm-Up

Dynamic stretches  
Light cardio

### Workout

Circuit (4 rounds):  
Jumping Jacks: 1 minute  
Mountain Climbers: 30 seconds  
High Knees: 1 minute  
Russian Twists: 30 seconds

### Mobility Work:

Hip Flexor Stretch: 2x30 seconds per side  
Thoracic Spine Rotation: 2x10 reps per side  
Pigeon Pose: 2x30 seconds per side

### Cool Down

Static stretches  
Deep breathing

## **Week 4-6: Performance Phase**

### Session 1: Advanced Lower Body Strength

#### Warm-Up

Dynamic stretches  
Light cardio

#### Workout

Deadlifts: 4x6-8 reps  
Bulgarian Split Squats: 4x10 reps per leg  
Leg Press: 4x10-12 reps  
Single-Leg Romanian Deadlifts: 4x10-12 reps per leg  
Box Jumps: 4x10 reps

#### Cool Down

Static stretches  
Deep breathing

### Session 2: Upper Body, Core, and Explosive Power

#### Warm-Up

Dynamic stretches  
Light cardio

#### Workout

Bench Press: 4x6-8 reps  
Pull-Ups: 4xMax reps  
Medicine Ball Slams: 4x15 reps  
V-Ups: 4x15 reps  
Russian Twists: 4x20 reps (10 each side)

#### Cool Down

Static stretches  
Deep breathing

## Session 3: High-Intensity Interval Training (HIIT) and Mobility

### Warm-Up

Dynamic stretches  
Light cardio

### Workout

#### HIIT Circuit (5 rounds):

Sprint Intervals: 30 seconds on, 30 seconds off  
Battle Ropes: 30 seconds  
Jump Squats: 30 seconds  
Plank to Push-Up: 30 seconds

#### Mobility Work:

Hamstring Stretch: 2x30 seconds per side  
Hip Flexor Stretch: 2x30 seconds per side  
Deep Squat Hold: 2x30 seconds

### Cool Down

Static stretches  
Deep breathing