

Strength and Conditioning for Runners and Endurance Athletes

6-Week Program

READ THIS FIRST

Before starting this or any athletic training, be sure you are fit enough to engage with its demands. Always listen to your body, and gauge the intensity of your training from all available indicators and stress and recovery: sleep, nutrition, alcohol consumption, and recent training.

This program is appropriate for intermediate and advanced athletes; beginners should start this program cautiously, reducing the time on all training days by 10-20%.

THE PROGRAM PARAMETERS

First, there are no days off. When you're chasing a goal, there's always work to do. In this program, we will work hard, and smart, and we'll recover just as hard. The recovery days may seem unimportant, but they are designed to help you be ready to go all-in on the other days of the week.

Second, you should have a heart rate monitor. All other equipment is optional, but the following is suggested:

- A sandbag, 40# for women and 60# for men; [these are our favorites](#). Fill them with rubber mulch from Home Depot.
- A jump rope. Tons of options out there; [these are our favorites](#).
- A pair of dumbbells, 15# for women, and 25# for men.
- A heavy kettlebell. 35# or 44# for women; 53# or 70# for men.

You can use what you find in most commercial gyms; there's a beauty to sandbag work that makes it worth having your own.

THE PROGRAM'S SUGGESTED SCHEDULE

Monday: Gym-based strength and anaerobic conditioning

Tuesday: Sport intervals

Wednesday: Recovery

Thursday: Gym-based prehab and aerobic conditioning

Friday: Sport tempo work

Saturday: Sport long work

Sunday: Recovery

THE WORKOUTS

Monday: Strength and Anaerobic Conditioning

Duration: 75 minutes

Prepare:

- 5 minute [Flow](#)
- 2 rounds of:
 - 20 band [pullaparts](#)
 - 15 [monster walks](#) each direction
 - 20 band [shoulder dislocates](#)

Strength 1 (Complete as many rounds as possible, with quality, in 20 minutes)

- 8 per side [eccentric split squats](#) (dumbbell or kettlebell held in front; 5 second descent, explode up)
- 8 per side [dumbbell standing shoulder press](#)
- 20 [half-kneeling haloes](#) (5 per direction, per leg orientation)

Strength 2 (Complete as many rounds as possible, with quality, in 20 minutes)

- 8 per side [single-leg deadlifts](#)
- 10 [kettlebell swings](#)
- 5 pull-ups (or heavy lat pulldowns)
- 45 second [hollow hold](#)

Anaerobic Conditioning

- Choose 2 whole body exercises that stimulate high heart rate
- 5 rounds of each of two exercises; 20s work and 40s rest
- Example:
 - 5 rounds of:
 - 20s of burpees
 - 40s rest
 - 20s of kettlebell swings
 - 40s rest

Tuesday: Sport Intervals

- Dynamic warm-up
- 5-8 rounds of 200m run
- Rest 5x duration of run (Example: 30s work/150s off)
- Maintain output pace/time; when pace slips, you're done for the day

Wednesday: Recovery

Duration: 55 minutes

- 5 minutes [supine 90/90 breathing](#)
- 10 minutes flow
- 2 rounds
 - 3 minutes on bike/treadmill/rowing machine, heart rate <(180-age)
 - 3 minutes jump rope, heart rate <(180-age)
 - 3 minutes [farmers' carry](#)
- 10 minutes foam rolling or other therapy

Thursday: Prehab and Aerobic Conditioning

Duration: 60 minutes

- Prepare: 10 minutes
 - Flow and Crawl
- Prehab: 2 rounds
 - 25 Pullaparts, 15/15 Monster Walks, 20 Steps Heel-Walk, 20 Heel Raises
- Aerobic Conditioning
 - Week 1: 4x4x90s (24m)
 - Week 2: 5x4x90s (30m)
 - Week 3: 4x4x2m (32m)
 - Week 4: 3x4x3m (36m)
 - Week 5: 4x4x2.5m (40m)
 - Week 6: 5x4x2.5m (50m)
- Choose 4 whole-body exercises: rowing machine, [thrusters](#), jump rope, step-ups, farmers' carries, [sandbag get-ups](#), [sandbag clean and press](#), etc.
- Exercises can be kept the same week-to-week to track progress, or varied each week for variety.

Friday: Sport Tempo/Time Trial Work

- Week 1: 30m; add 5 minutes each week
- Max maintainable pace or speed

Saturday: Sport Long Work

- 1-3 hours
- Maintain heart rate <(180-age)

Sunday: Recovery

Duration: 55 minutes

- 5 minutes [supine 90/90 breathing](#)
- 10 minutes flow
- 2 rounds
 - 3 minutes on bike/treadmill/rowing machine, heart rate <(180-age)
 - 3 minutes jump rope, heart rate <(180-age)
 - 3 minutes [farmers' carry](#)
- 10 minutes foam rolling or other therapy