

# Strength Exercises for Runners



# Who I am



## **Matt Chase**

Aka “Junior”

Newer to the Checkers community (approx  
2-3 years now)

## **Background**

Soccer player ---> Runner

“What can a body do?”

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# Strength Program

## Main Goals

- Find something that is right for you individually.
- Daily routines
- What works for you?

## Diet

- Treat your body right, it will treat you right.

# What to include

## Types of Exercises

- The main debate: Weights vs Cardio
- “Bulking up”
- There is no such thing as a “weak, fast runner”
- Incorporate whole body movements into the routine
  - Deadlifts, Squats, Push/Pull movements, Core muscles
- Full recovery
- Separate your strength workouts and your running

# Routine is Important

## Start Small

- Sets and Repetitions
- Build a foundation for your workouts
- When the routine becomes a part of your life, build up
- Great starting point:  
<https://www.runnersworld.com/trainin-g/a20805692/10-essential-strength-exercises-for-runners/>

## Expand

- Heavier weights/More Sets/More Repetitions
- Change it up!
  - The more you mix up your workouts, the better (Plateau Effect)
  - Change every 2-3 months

# Schedule

Morning Run (easy)

Lift for 30 mins to 1 hour

100 Push-Ups for the day

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Speed workout

Include warm-up and cool-down

Morning Run (tempo work)

100 Push-Ups for the day

# Consistency

## Have a Goal

Maintaining Strength, Avoiding Injury, Getting Faster

## Stretching

NEVER FORGET TO STRETCH

## Have Fun

Don't forget why you started. Fall in love with the process and the results will follow

Get Started

~~I'M TIRED.~~

~~IT'S TOO COLD.~~

~~IT'S TOO HOT.~~

~~IT'S RAINING.~~

~~IT'S TOO LATE.~~

LET'S GO!