Runner's Strength Plan

6 weeks to Stronger Strides

MELBOURNE MARATHON FESTIVAL | snap 24/7 fitness

Why **Strength Training** Matters for Runners

Strength training is one of the most **underrated tools** in a runner's arsenal. It improves running economy, meaning you can run **faster and more efficiently** with less effort. Research shows strength-trained runners improve oxygen usage, delay fatigue, and increase stride length, all crucial for better performance.

Beyond speed and endurance, strength training **builds resilience** by addressing muscle imbalances and **boosting joint stability**. This reduces the risk of common injuries like shin splints and runner's knee.

The benefits don't stop there. Strength training enhances metabolism, supports bone health, helps with weight management, and even boosts mental well-being. Starting a strength program may cause some soreness, but when planned properly around your running schedule, soreness fades and you'll only notice **running gains**.

It's time to rethink the myth that lifting weights slows you down. **Science shows you will run faster, longer, and with fewer injuries.**

Benefits

Improve running efficiency and stride

Reduce risk of injury

Support joint health and balance

Boost endurance and recover faster

Improve mental resilience

How to Use This **Plan**

Where It Fits in Your Week

Place either strength session the day before a light run or the day after an interval session. You can also do strength and running on the same day, but ensure at least 48 hours between strength sessions to allow recovery.

How to Read the Plan Tables

RPE (Rating of Perceived Exertion):
This is a scale from 1 to 10 estimating how hard you feel you're working:

- 10 = maximum effort, no more reps possible
- 5 = moderate effort, could do 5 to 8 more reps
- 1 = very light effort, like a warm-up

1		10

Tempo (4-digit code, e.g., 3111):
This guides the speed of each rep phase:

- 1st digit = lowering phase seconds (eccentric)
- 2nd digit = pause at bottom
- 3rd digit = lifting phase seconds (concentric)
- 4th digit = pause at top

For example, 3111 means 3 seconds lowering, 1 second pause, 1 second lifting, 1 second pause.
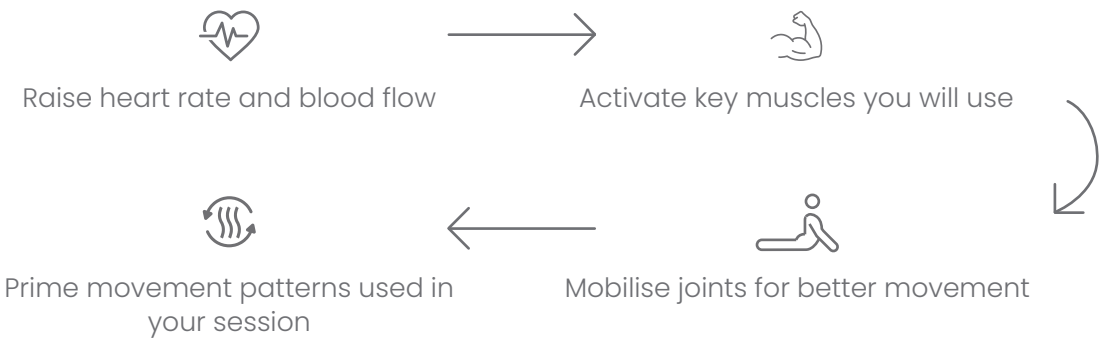
8 SEC

Supersets

Exercises paired as A1 + A2 mean you do A1 immediately followed by A2 without rest, then rest as indicated before repeating the pair. Letters indicate paired sets (A1/A2, B1/B2, etc.)

Your **Warm-Up:**
The RAMP Protocol

The **RAMP method** prepares your body for training by:

Raise heart rate and blood flow → Activate key muscles you will use → Mobilise joints for better movement ← Prime movement patterns used in your session

Warm Up

Phase	Movement	Duration/Reps
Raise	Upright bike or elliptical	5 minutes
Activate	Foam rolling: TFL, Piriformis, Quads, Calves	30 seconds each side
Mobilise	Thread the Needle stretch	30 seconds each side
Prime	Overhead walking lunges (controlled)	20 reps
	Glute bridges (controlled)	10 reps
	Calf raise hold	45 seconds hold

Weekly Strength Plan

WEEKS 1–2: ACCUMULATE LOAD
Build Your Foundation with Steady Volume and Controlled Effort

Week 1

Order	Exercise	Reps	RPE	Sets	Tempo	Rest
Prep:	Cross Hops	5e	4	2	–	–
Prep:	Psoas March	10e	4	2	2121	60 secs
A1	Step Ups	8e	6	3-4	3111	–
A2	DB Oblique Raise	8e	6	3-4	2121	120 secs
B1	Lateral Lunges	6e	6	3-4	3111	–
B2	Chin Ups/ Lat Pulldown	5	7	3-4	3121	120 secs
C1	Seated Shoulder Press	6	7	2-3	3121	–
C2	Runners Specific Isometrics	3	10	2-3	5 secs	–
C3	Single Leg Hip Thrust	8e	5	2-3	2121	90 secs

Week 2

Order	Exercise	Reps	RPE	Sets	Tempo	Rest
Prep:	Cross Hops	5e	4	2	–	–
Prep:	Psoas March	10e	4	2	2121	60 secs
A1	Step Ups	6e	7	3-4	3111	–
A2	DB Oblique Raise	8e	7	3-4	2121	120 secs
B1	Lateral Lunges	6e	6	3-4	3111	–
B2	Chin Ups/ Lat Pulldown	5	8	3-4	3121	120 secs
C1	Seated Shoulder Press	6	7	2-3	3121	–
C2	Runners Specific Isometrics	3	10	2-3	5 secs	–
C3	Single Leg Hip Thrust	8e	5	2-3	2121	90 secs

Where 'e' after the number of reps means each side (5e = 5 reps each side).

Notes:
- If equipment is unavailable, skip to the next superset and return later if possible.
- Tempo numbers explain speed of movement (see page 2).
- RPE indicates effort level.

Weekly Strength Plan Cont.

WEEKS 3–4: INTENSIFY EFFORTS
Same format with increased reps, sets, or RPE per program progression.

Week 3

Order	Exercise	Reps	RPE	Sets	Tempo	Rest
Prep:	Cross Hops	5e	4	2	–	–
Prep:	Psoas March	10e	4	2	2121	60 secs
A1	Step Ups	4e	8	3-4	3111	–
A2	DB Oblique Raise	8e	8	3-4	2121	120 secs
B1	Lateral Lunges	4e	7	3-4	3111	–
B2	Chin Ups/ Lat Pulldown	4	8	3-4	3121	120 secs
C1	Seated Shoulder Press	6	7	2-3	3121	–
C2	Runners Specific Isometrics	3	10	2-3	5 secs	–
C3	Single Leg Hip Thrust	8e	5	2-3	2121	90 secs

Week 4

Order	Exercise	Reps	RPE	Sets	Tempo	Rest
Prep:	Cross Hops	5e	4	2	–	–
Prep:	Psoas March	10e	4	2	2121	60 secs
A1	Step Ups	3e	9	3-4	3111	–
A2	DB Oblique Raise	8e	8	3-4	2121	120 secs
B1	Lateral Lunges	3e	8	3-4	3111	–
B2	Chin Ups/ Lat Pulldown	4	9	3-4	3121	120 secs
C1	Seated Shoulder Press	5	8	2-3	3121	–
C2	Runners Specific Isometrics	3	10	2-3	5 secs	–
C3	Single Leg Hip Thrust	8e	5	2-3	2121	90 secs

Weekly Strength Plan Cont.

WEEKS 5–6: PRIME TO RUN
Same format focusing on peak strength and tapering.

Week 5

Order	Exercise	Reps	RPE	Sets	Tempo	Rest
Prep:	Cross Hops	5e	4	2	–	–
Prep:	Psoas March	10e	4	2	2121	60 secs
A1	Step Ups	3e	7	3-4	3111	–
A2	DB Oblique Raise	8e	8	3-4	2121	120 secs
B1	Lateral Lunges	3e	8	3-4	3111	–
B2	Chin Ups/ Lat Pulldown	3	10	3-4	3121	120 secs
C1	Seated Shoulder Press	5	9	2-3	3121	–
C2	Runners Specific Isometrics	3	10	2-3	5 secs	–
C3	Single Leg Hip Thrust	8e	5	2-3	2121	90 secs

Week 6

Order	Exercise	Reps	RPE	Sets	Tempo	Rest
Prep:	Cross Hops	5e	4	2	–	–
Prep:	Psoas March	10e	4	2	2121	60 secs
A1	Step Ups	3e	5	2	3111	–
A2	DB Oblique Raise	8e	6	2	2121	120 secs
B1	Lateral Lunges	3e	5	2	3111	–
B2	Chin Ups/ Lat Pulldown	3	6	2	3121	120 secs
C1	Seated Shoulder Press	5	6	2	3121	–
C2	Runners Specific Isometrics	2	10	2	5 secs	–
C3	Single Leg Hip Thrust	8e	5	2	2121	90 secs

Complete These
After **Every Run**

These yielding isometric holds help relax and strengthen key tendons such as Achilles and quadriceps after running by increasing blood flow and reducing tension.

Order	Exercise	Duration	Sets
A1	Calf raise hold	45 secs	1
A2	Wall sit	45 secs	1

A1: Calf Raise Hold
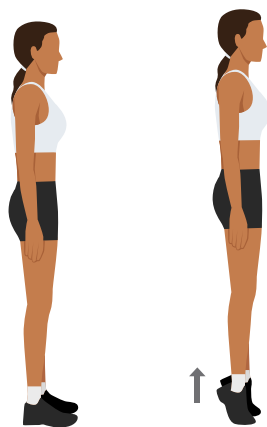
A2: Wall Sit

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