

Bristol Run Series.

Gym-based strength programme



Exercise	Sets and repetition	Beginner	Intermediate
<u>Rear foot elevated split</u>	3 x 8 each leg	Place both feet on the floor	Add a weight using a bar or dumbbell
<u>Single arm press - 'A' position</u>	3 x 8 each arm	Use a lighter weight	Use a heavier weight
<u>Single leg Romanian Deadlift</u>	3 x 8 each leg	Use a wall or a chair for balance	Add a weight in the opposite hand to the standing leg
<u>Single leg calf raise</u>	3 x 12 each leg	Double leg calf raise	Add a weight holding a single dumbbells
<u>Walking lunge</u>	3 x 16 total	Use a wall for balance	Add a weight using dumbbells
<u>Bird dog</u>	3 x 30 seconds	Reduce repetitions and focus on control	Increase speed while maintaining control
<u>Single leg hip thrust hold</u>	3 x 10 seconds	Double leg hip thrust	Add a weight, placing it over the hips
<u>Single arm row</u>	3 x 8 each arm	Use a lighter weight	Use a heavier weight

This is a gym-based workout which can be performed 1 to 3 times a week which will help improve strength in running-specific muscles, helping to prevent injury and improve running efficiency.

How to follow:

Exercises are paired into super-sets. Alternate between both exercises without a rest in-between them. E.g. Perform 'Single leg Romanian Deadlift' followed by 'Single leg calf raise' then rest for 1-2 minutes. Repeat 3 times.

Please read our [online activity disclaimer](#) before participating in the workout.

