

Wolfpack Distance/Mid-Distance Runners – Lifting Circuit

- Done in the order listed
- Done continuously with minimal stop time between exercises
- Law of Specificity = we are lifting to become better runners so the lifting exercises chosen are those that will transfer strength gains most directly to help achieve this goal. These exercises are focusing on core strength and primary mover muscles to help achieve this goal.
- If you have to wait to use a machine, do additional crunches while you wait
- 800m types will progress to a more specific strength/power oriented lifting routine in March

Warm-up and Stretch at least ½ mile run or 8 minutes of cross-training
(OR after the completion of running/cross-training workout)

Running Curls	20 curls	x	2	(once per lead leg)
Crunches	80			
O's (O-motion holding weight/squatting)	20	x	2	(once per direction)
Dips	as many as possible			(add in 1 more per week)
Leg Extension	20	x	3	(once per leg, then both)
Lateral Pull-down	20	x	2	
Knee Tucks	as many as possible			(add in 1 more per week)
V's (V-motion holding weight/squatting)	20	x	2	(once per direction)
Push-ups	50			
Leg Curls	20	x	3	(once per leg, then both)
Squats	20	x	2	
Crunches	100			

Cool-down and Stretch at least ½ mile run or 8 minutes of cross-training

