

A pair of dark, worn running shoes with laces, resting on a rough, textured surface. The shoes are positioned diagonally, with the left shoe in the foreground and the right shoe slightly behind it. The lighting is dramatic, highlighting the textures of the shoes and the ground.

Running **RELENTLESS**

STRENGTH TRAINING FOR RUNNERS
(TEMPLATE)

WAIVER AND RELEASE

PLEASE READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS PROGRAM

I acknowledge and understand that there are risks involved in participating in any exercise program and in exercises contained in this program. I agree that I will assume the risk and full responsibility for determining the need for medical clearance from my physician and obtaining such clearance, the safety and/or efficacy of any exercise program recommended to me, and any and all injuries, losses, or damages, which might occur to me / or my family while utilizing the information in this program.

I agree to waive, release, indemnify Relentless Gym and Jake Males from any and all claims, suits, or related causes of action against Relentless Gym or Jake Males for injury, loss, death, costs or other damages to me while utilizing all the information or partaking in the exercises contain within this program.

WARM-UP / PRE-MOVMENT PREPARATION

COMPELTE BEFORE EVERY WORKOUT

“PERFORM AT YOUR HIGHEST LEVEL, DECREASE THE LIKELIHOOD OF INJURIES AND RELIEVE TIGHTNESS IN YOUR BODY BEFORE TRAINING, THE WARM-UP OR PRE-MOVEMENT PREPARATION IS A KEY PIECE TO YOUR PROGRAM”

The warm-up is split into sections designed to target the common areas of dysfunction/movement restriction. This will allow your body to move through a greater ROM (range of motion), relieve tightness, decrease the risk of injury, build weak points, and have your body prepared to perform at its highest level

WARM-UP

Hip Flexor Stretch	20-30sec Each Side
Hip Switch	20sec Each Side
"Figure 4" Glute Bridge	x 10 reps Each Side
Y-handcuff	x 10 Reps
Split Squat	x 10 Reps Each Side
Inchworm	x 5 Reps
Roll to V-sit	x 10 Reps

LINK

<https://www.youtube.com/watch?v=hDZHa4lz7rM>

STRENGTH TRAINING FOR RUNNERS

SAMPLE PROGRAM WEEKS 1-3

A1 - A3

A1. Chin up / Pull up Variations - Assisted chin up or Lat pulldown	3 x 6-10 Reps
A2. Single Leg Hip Thrust	3 x 8-12 Reps Each Leg Chain or Dumbbell on hips
A3. Bulgarian Split Squat Contralateral Load	3 x 8 Reps Each Leg Hold Kettlebell in hand of "Back" Leg

MOB RESET

Reset 1. Hip Switch	1 x 5 Reps Each Side 1-2sec Hold each rep
Reset 2. Wall Thoracic Rotation Drill	1 x 2 Reps Each Side

B1 - B3

B1. Dumbbell Bench Press Neutral Grip	3 x 12-15 Reps
B2. Goblet Squat	3 x 5 Reps 3sec Hold at the bottom of each rep
B3. Split Stance Pallof Press	3 x 12 Reps Each Side

C1-C2

C1. Wall Tibialis Raise	2 x 20 Reps
C2. Banded Hip Flexor	2 x 10 Reps Each Side 1-2sec hold at the top of each rep

EXERCISES

CLICK THE LINK BELOW TO VIEW ALL EXERCISES IN THE PROGRAM

LINK

[Click Here To View Videos](#)

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