MOVEMENT FOR HEALTH
PERSONAL TRAINING

Running Strength Training Program - Day 1, Strength Focus

MOVEMENT FOR HEALTH
PERSONAL TRAINING

		Week 1				Week 2				Week 3				Week 4				Week 5			
Day / Date:																					
Exercise		**Sets**	**Reps**	**Rest**	**Weight**	**Sets**	**Reps**	**Rest**	**Weight**	**Sets**	**Reps**	**Rest**	**Weight**	**Sets**	**Reps**	**Rest**	**Weight**	**Sets**	**Reps**	**Rest**	**Weight**
1A	Mini-Band Bridge	2	12			2	12			3	12			3	15			3	15		
1B	Mini-Band Goblet Squat	2	10	0:30		2	10	0:45		3	10	0:45		3	12	1:00		3	12	1:00	
2A	Single Arm Seated Row ***(each side)***	3	8			3	10			3	10			3	12			3	8		
2B	Cable Rope Face Pulls	3	10	0:45		3	10	0:45		3	12	0:45		3	12	0:45		3	12	1:00	
3	Single Leg Press ***(each side)***	3	8	0:45		4	8	1:00		4	10	1:00		4	10	1:00		3	12	1:00	
4A	Dumbbell Landmine Press ***(each side)***	3	8			3	8			3	10			3	10			3	8		
4B	Dumbbell Calf Raise ***(calf raise off a step)***	3	10	0:45		3	12	0:45		3	12	0:45		3	15	0:45		3	15	1:00	
5	Banded Pallof Press ***(each side)***	2	12	0:30		2	12	0:30		2	15	0:30		2	15	0:30		2	15	0:30	
Session Extras:																					

MOVEMENT FOR HEALTH
PERSONAL TRAINING

Running Strength Training Program - Day 2, Power and Stability Focus

MOVEMENT FOR HEALTH
PERSONAL TRAINING

		Week 1				Week 2				Week 3				Week 4				Week 5			
Day / Date:																					
Exercise		Sets	Reps	Rest	Weight	Sets	Reps	Rest	Weight	Sets	Reps	Rest	Weight	Sets	Reps	Rest	Weight	Sets	Reps	Rest	Weight
1A	Arabesque *(shoes off, each side)*	2	6			2	8			3	8			3	8			3	10		
1B	Stationary A-Skip	2	16	0:45		2	16	0:45		3	16	1:00		3	20	1:00		3	20	1:00	
2A	Dumbbell Romanian Deadlift	3	8			3	8			3	10			3	10			3	10		
2B	Swiss Ball Dumbbell Chest Press	3	8	1:15		3	8	1:15		3	10	1:30		3	10	1:30		3	10	1:30	
3A	Medicine Ball Goblet Squat Jumps	3	8			3	8			3	10			3	10			3	10		
3B	Medicine Ball Slams	3	6	1:15		3	8	1:15		3	8	1:15		3	10	1:15		3	10	1:15	
4A	Mini-Band Lying Alternate Superman	3	16			3	16			3	20			3	20			2	24		
4B	Mini-Band Plank Toe Taps	3	16	0:45		3	16	0:45		3	20	0:45		3	20	0:45		2	24	0:45	
Session Extras:																					