Strength Exercises for Runners

•••

Who I am



Matt Chase

Aka "Junior"

Newer to the Checkers community (approx 2-3 years now)

Background

Soccer player ---> Runner

"What can a body do?"

Strength Program

Main Goals

- Find something that is right for you individually.
- Daily routines
- What works for you?

Diet

 Treat your body right, it will treat you right.

What to include

Types of Exercises

- The main debate: Weights vs Cardio
- "Bulking up"
- There is no such thing as a "weak, fast runner"
- Incorporate whole body movements into the routine
 - Deadlifts, Squats, Push/Pull movements, Core muscles

- Full recovery
- Separate your strength workouts and your running

Routine is Important

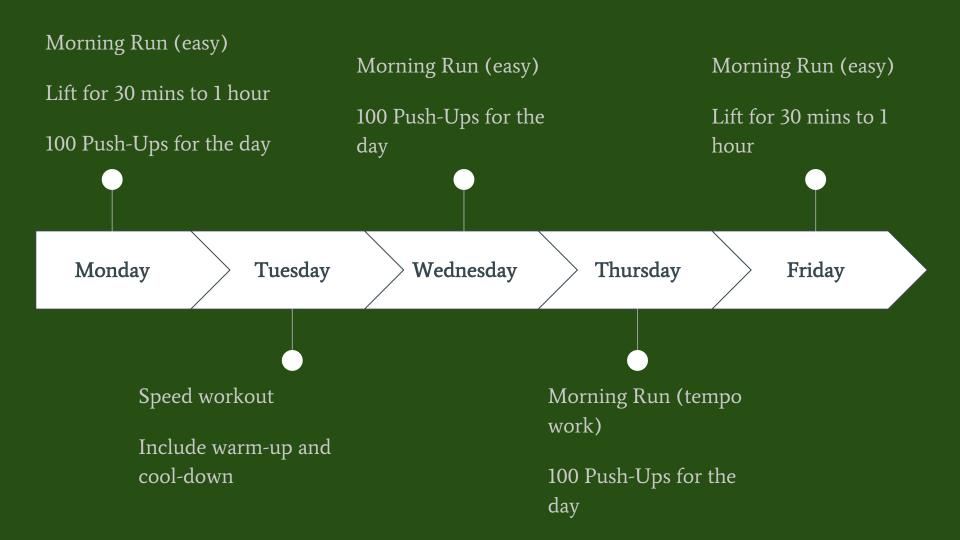
Start Small

- Sets and Repetitions
- Build a foundation for your workouts
- When the routine becomes a part of your life, build up
- Great starting point:
 https://www.runnersworld.com/trainin
 g/a20805692/10-essential-strength-exercises-for-runners/

Expand

- Heavier weights/More Sets/More Repetitions
- Change it up!
 - The more you mix up your workouts, the better (Plateau Effect)
 - Change every 2-3 months

Schedule



Consistency

Have a Goal

Maintaining Strength, Avoiding Injury, Getting Faster

Stretching

NEVER FORGET TO STRETCH

Have Fun

Don't forget why you started. Fall in love with the process and the results will follow

Get Started

```
<del>IT'S 100 HOT</del>.
```