

# RUN STRONG

*Strength training for stronger and faster running.*



*There are no prerequisites for this program. Just a desire to improve your strength, power, and movement. So jump right in even if you're not comfortable with weight training. In this program we will walk you through each step with video instruction of the entire training plan. You are going to feel confident in getting things done safely, effectively, and looking good while you're at it.*

**CLICK THE PLAY BUTTON FOR VIDEO INSTRUCTION**



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# GETTING STARTED

**WHY STRENGTH TRAINING SHOULD BE A PART OF YOUR RUNNING PROGRAM.**



Strength training builds the capacity for better running and is the key to preventing aches and pains. Here's just a quick look at some of the research showing the benefits of prioritizing strength training in a running plan...

1. Dropping 30 seconds in a 5k time (that was for elite runners, in which a half minute decrease is massive!)
2. Over a 20% increase in time to exhaustion when working at maximum effort.
3. Boosting running efficiency to hold a faster pace while still staying in the aerobic zone.

Even with these proven performance gains (as well as less pain and stress on the joints, and a healthier better looking body), strength training is typically an afterthought in a running program. For many runners, it's a time issue. It never feels like there is time to add strength training into an already intensive running program. We address this problem with a practical, structured, and efficient training plan for a potent strength program that only requires two 45-minute workouts per week.

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# PURPOSE

It's always good to understand the intention behind your training. This program isn't designed to build maximal strength or bigger biceps.

The purpose of this training plan is strength, balance, and power for better running and injury prevention. Will there be increases in strength and better muscle definition? You bet!

But that's not the primary goal. If you would like, simply add additional exercises for other parts of your body into the accessory phase, or build in an upper body strength lift to alternate with the lower body lift. As long as you're hitting the core pieces of the program you should see great results.

# EQUIPMENT

You can complete the Run Strong Program using basic equipment found at most gyms or with a simple home gym setup. You will also find many exercise substitutions in the training videos if your options are limited.

The Crossover Symmetry Hip & Core System is also a highly recommended part of the program's warm-up and accessory work. If you don't have one, you can buy it here: [crossoversymmetry.com/product/hip-core/](https://crossoversymmetry.com/product/hip-core/)

# WHAT TO EXPECT

These workouts should be difficult, and the first few sessions will likely have you sore in new areas, but you should not feel trashed! Stick with the guidelines and watch the workout previews to find the right stimulus for each training session.

Each week will have 2 workouts that should be scheduled so they do not interfere with key training runs. Within each workout there are 4 sections, each designed to build different physical capacities. Be sure to include each section, as they are all important to your running performance.





# WORKOUT TEMPLATE

## WARM-UP + ACTIVATION

The warm-up is the crucial first step of a great workout. Not only does it prime the body to perform, but it's also a perfect time to address movement impairments that can hold you back. This is done through a sequence of exercises we call muscle activation.

The goal of muscle activation is low intensity training with a high degree of focus specifically on improving stability and range of motion. This provides an effective warm-up and builds the foundation for pain free performance. This will be completed using the CS Hip & Core System.

## POWER

In this section of the workout you should feel explosive. The power phase is the perfect next step to progressing the warm-up and should have you feeling like a superhero, ready to tackle the heavier weights for the day.

### *What's an EMOM?*

The power section follows at template called an EMOM, or Every Minute on the Minute. This is done by completing the prescribed work within the minute and then resting the remainder of the time. Then complete the work for the next minute and again rest the remainder. Continue this until you've completed the work for the entire duration.

## STRENGTH

The strength work is the meaty part of the training. This is the chance to move some weight to make your body stronger. The weights should feel heavy, but should also feel explosive. The goal is to load the exercise so that form and technique are dialed in and that the last rep of the set is a hard effort. Weekly percentages are provided to help guide this as part of the program. Round up or down to make the weights work for what you have available. The purpose is to steadily increase each week with these core lifts.

## ACCESSORY

The accessory work compliments the program with an added emphasis on the strength demands for running. This will hone the body for better movement, and build some resiliency to prevent injury and push speed and distance even harder. Much of the accessory work will be completed using the CS Hip & Core System.

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# PROGRAM / PHASE 1

## Adaptation/De-load

**DURATION: 2 WEEKS**

This phase is designed to get you acclimated to resistance training. The ultimate goal is to build stability and exercise technique for the more challenging parts of the program. Complete both workouts in the first week, and then repeat for the second week.

If you are a more advanced athlete or have experience with weight training, you can skip this initial phase and progress straight to Phase 02.

This phase is also used as a deload, which are short training periods designed to promote recovery. A deload should be used during the taper leading up to a big race, in the weeks following a race, or as periodic rest from the heavier parts of this strength program.

### Workout 1



#### Warm-Up

Hip & Core Activation

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#### Power

10 Minute Alternating EMOM

- Even: 100m Stride
  - Odd: Rest
- 

#### Strength

Goblet Squat

3 sets x 8 reps

\*Build to a heavy set

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#### Accessory

3x Superset

- Kickstand Deadlift  
10 Reps/Side
- Side Plank  
30 Seconds/Side

### Workout 2



#### Warm-Up

Hip & Core Activation

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#### Power

8 Minute EMOM

- 10 Lateral Med-Ball Throws  
(Switch Direction Every Minute)
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#### Strength

Hip Thrust

3 sets x 8 reps

\*Build to a heavy set

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#### Accessory

3x Superset

- Reverse Step Down  
10 Reps/Side
- Plank  
30 Second Max Effort

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# PROGRAM / PHASE 2

## Max Testing

**DURATION: 1 WEEK**

Before getting into the meat of the strength program, you will take some time to refine the key lifts of the program and build to what you feel is a heavy weight for 3 repetitions. This phase is just a single week, with two workouts to complete.

Knowing this weight will help you calibrate everything moving forward as well as track progress over the long term.

It doesn't have to be an all out maximum lift if you don't feel comfortable with it. Just start with something light for 3 easy reps and then steadily build in sets of 3 reps over the course of 6 total sets. Use the final weight to estimate your 1-rep max (which is provided by the equation below.)

### Workout 1



#### Warm-Up

Hip & Core Activation

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#### Power

10 Minute Alternating EMOM

- Even: 3 Box Jumps
  - Odd: 12 KB Swings
- 

#### Strength

Deadlift

6 sets x 3 reps

\*Start light & build up to a challenging weight for 3 reps.

Estimated. 1 Rep Max

$(3 \text{ Rep Max}) / .9 =$

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#### Accessory

1 Set

CS Hip & Core Strength

### Workout 2



#### Warm-Up

Hip & Core Activation

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#### Power

10 Minute Alternating EMOM

- Even: 5 1-Leg Power Steps
  - Odd: 10 Med Ball Slams
- 

#### Strength

Bulgarian Split Squat

6 sets x 3 reps

\*Start light & build up to a challenging weight for 3 reps.

Estimated. 1 Rep Max

$(3 \text{ Rep Max}) / .9 =$

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#### Accessory

1 Set

CS Hip & Core Strength

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# PROGRAM / PHASE 3



## Strength I

**DURATION: 4 WEEKS**

This phase will build to heavier weights over the course of 4 weeks. When you get to the strength part, complete 2-3 warm-up sets to build up to your working weight using the the percentage of the **estimated 1-rep max** from the max testing week.

Also, the increase in load should pair with an increase in rest between sets. Don't be afraid to take 3 or more minutes of rest between sets so that you can lift at your best.

The accessory work will now be 2 sets of the CS Hip & Core Strength Program broken up by 2 minutes of rest between each set.

## Workout 1

### Warm-Up

Hip & Core Activation

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### Power

10 Minute Alternating EMOM

- Even: 3 Box Jumps
  - Odd: 12 KB Swings
- 

### Strength

Deadlift

3 sets x 6 reps

Week 1 @ 75%	Week 1= _____
Week 2 @ 80%	Week 2= _____
Week 3 @ 82.5%	Week 3= _____
Week 4 @ 85%	Week 4= _____

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### Accessory

2 Sets

CS Hip & Core Strength  
(2 minute rest between sets)

## Workout 2

### Warm-Up

Hip & Core Activation

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### Power

10 Minute Alternating EMOM

- Even: 5 1-Leg Power Steps
  - Odd: 10 Med Ball Slams
- 

### Strength

Bulgarian Split Squat

3 sets x 6 reps

Week 1 @ 75%	Week 1= _____
Week 2 @ 80%	Week 2= _____
Week 3 @ 82.5%	Week 3= _____
Week 4 @ 85%	Week 4= _____

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### Accessory

2 Sets

CS Hip & Core Strength  
(2 minute rest between sets)

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# PROGRAM / PHASE 4



## Strength II

**DURATION: 4 WEEKS**

This phase will get heavier, but for fewer reps. Again, rest as needed between sets and complete 2-3 warm-up sets before the working ones. Use the indicated percentage of your estimated 1-rep max found during the max testing week to determine your working weight for that week.

The program will also introduce the CS Plyometric Program to further develop power, as well as stability and strength, but first complete the CS Hip & Core Strength Program.

### Workout 1

#### Warm-Up

Hip & Core Activation

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#### Power

10 Minute Alternating EMOM

- Even: 3 Box Jumps
  - Odd: 12 KB Swings
- 

#### Strength

Deadlift

3 sets x 4 reps

Week 1 @ 87.5%	Week 1= _____
Week 2 @ 90%	Week 2= _____
Week 3 @ 92.5%	Week 3= _____
Week 4 @ 95%	Week 4= _____

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#### Accessory

CS Hip & Core Strength

*[2 Minute Rest]*

CS Hip & Core Plyometric

### Workout 2

#### Warm-Up

Hip & Core Activation

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#### Power

10 Minute Alternating EMOM

- Even: 5 1-Leg Power Steps
  - Odd: 10 Med Ball Slams
- 

#### Strength

Bulgarian Split Squat

3 sets x 4 reps

Week 1 @ 87.5%	Week 1= _____
Week 2 @ 90%	Week 2= _____
Week 3 @ 92.5%	Week 3= _____
Week 4 @ 95%	Week 4= _____

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#### Accessory

CS Hip & Core Strength

*[2 Minute Rest]*

CS Hip & Core Plyometric



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# PROGRAM

## PROGRAM RESET



### **1 OR 2 WEEKS**

At this point you've been training for 8-weeks since you completed your max testing. It's time to recalibrate and see where you are at. There are 2 options for you to complete this:

1. Restart the program at the very beginning with the 2 week adaptation/deload. This will give you a bit of recovery before getting back into the heavy loads.
2. If you're feeling good and want to keep moving forward with the heavy weights, go back through the max testing week during phase 02 to establish a new estimated 1 rep max and repeat the program.

# FAQ

## **What's the importance of heavy lifting for a runner?**

There are a number of ways that the body gets stronger, and adding more muscle mass is only part of the equation. Consider the huge increases in strength that people make in the initial weeks of a workout plan. These changes happen faster than any significant amount of muscle mass can be built.

This is evidence that something else is quietly working behind the scenes. It's the brain learning how to use the muscles already available at a higher level. These adaptations are developed best from moving heavy weights.

Secondly, there are muscle and tendon adaptations that occur from training both heavy and explosively. Specifically, this type of training develops the elastic components of the muscle, essentially making the body more "springy." A degree of springiness is good! It improves running efficiency which means the body doesn't have to work as hard to go at a higher speed.

## **Won't heavy weights make me big?**

First off, to gain significant amounts of muscle, it requires the calorie surplus to support those gains. For many runners, it's simply not possible to add this kind of calorie excess along with endurance running. For those runners who are consuming too much, those extra calories are more likely to become fat anyway, which is worse to performance than adding on muscle mass.

Secondly, the low volume within this program (small number of sets and reps), means there isn't much stimulus to promote muscle growth. It's mostly directed at generating adaptations to the nervous system and the elastic components of the body. If anything, the typical training of 10 reps at a moderate weight, would induce more muscle growth than what's prescribed here.

All that saying, there will be some muscle growth, but that's not necessarily a bad thing! Muscle is what propels the body to move forward. Building a bit of muscle on the hips and legs will give you the drive for faster running.

If you review the research, this will be confirmed! The heavy strength training programs implemented in these studies had little to no change in the body weight of the studied runners. That's partly because of the reasons stated above, but also related to the duration of the studies (typically 8-12 weeks). The point that I'm making is that getting significantly bigger doesn't happen overnight! It takes months to years of dedicated eating and lifting to pursue that goal. If you feel, or actually measure, that you are getting bigger than you would like, first dial back the calories, then stop following the program if it's not meeting your goals.

# FAQ

## **Can I add other exercises to the Run Strong program?**

Feel free to add other exercises into this program, however, it may affect the overall results. Remember, the goal is to build strength and power for better running. If you have secondary goals of stronger arms or increased upper body strength, add in additional exercises for those muscle groups.

## **Where can I do this program?**

Getting to the gym is the best way to complete this program. All of the tools needed will be at your disposal. City recreation centers are often great options at a cheaper price than the typical fitness center.

However, much of this program can be completed with a basic home gym, and exercise modifications are provided within the training to provide similar results when short on equipment.

## **What should I do if I'm short on time?**

If you're short on time, don't skip the workout, just hit the most essential parts. That would mean getting your hips and core activated with the CS Hip & Core System, and then get the sets done on the core lift for that day. Try to make up the accessory work following one of your runs that week.

## **Do my weights need to be exact? Or can I use different weights?**

The percentages are intended to be guidelines, not something to live and die by. Some weeks you'll find the calculated weight would be impossible based on the weight increments available to you. No problem! Just round up or round down a bit if needed.

The goal with the weight progression is to gradually increase the challenge on your body over the course of months. Steadily, you will increase the strength of your muscles, ligaments, and tendons. Feel free to go a bit heavier if you're seeing quick progress, but be careful not to take too big a jump too quickly.

## **What if I need help?**

Not a problem! Reach out to us anytime at [support@crossoversymmetry.com](mailto:support@crossoversymmetry.com)