



## 10-Minute Strengthening Program for Runners

### INSTRUCTIONS

- Your goal is to complete the exercise program at least 3 times per week.
- For each exercise, perform at a comfortable pace. If you complete an exercise before a minute has passed, rest until the start of the next minute.
- Begin with the “Beginner” exercises and move to the “Advanced” after successfully completing the exercises without difficulty.

Minute	Beginner	Advanced
0:00	20 Regular Squats	20 Plyometric Jump Squats
1:00	20 Regular Squats	20 Plyometric Jump Squats
2:00	Front Plank for as long as you are able	Front Plank for 60 seconds
3:00	10 Regular Lunges on each side	10 Plyometric Lunges on each side
4:00	10 Regular Lunges on each side	10 Plyometric Lunges on each side
5:00	Left Side Forearm Plank with right leg straight for as long as you are able	Left Side Forearm Plank with right leg in abduction for 60 seconds
6:00	10 Regular Single Leg Toe Touches on each side	10 Plyometric Single Leg Toe Touches on each side
7:00	10 Regular Single Leg Toe Touches on each side	10 Plyometric Single Leg Toe Touches on each side
8:00	Right Side Forearm Plank with left leg straight for as long as you are able	Right Side Forearm Plank with left leg in abduction for 60 seconds
9:00	20 Regular Squats	20 Plyometric Jump Squats