



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
RUNNING

second edition



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CONTENTS

Part I	RUNNING-SPECIFIC TRAINING	
	Introduction.....	9
	Off-season Program.....	14
	In-season Program.....	16
	Preseason Program.....	17
	Technique and Speed Development for Running.....	18
	Nutrition for Ultra-Endurance Athletes.....	27
Part II	GETTING STARTED.....	33
	Warming Up.....	35
	Cooling Down.....	36
	Abs.....	37
	Stretching.....	45
	Proper Form.....	51
	Proper Breathing.....	52
Part III	RECOMMENDED EXERCISES.....	53
	Substituting Similar Exercises.....	55
	Chest Exercises.....	55
	Back (Lats) Exercises.....	62
	Shoulders Exercises.....	68
	Triceps Exercises.....	78
	Biceps/Forearms Exercises.....	83
	Legs Exercises.....	89
Part IV	THE NECESSITIES.....	97
	Perfecting Your Technique.....	99
	Estimating Your One-Rep Max.....	100
	The Different Folks, Different Strokes Principle.....	107
	Overtraining and Staleness.....	108
	The Declaration of Variation.....	110
	Muscle Fibers.....	112

Training Techniques	114
When to Increase	117
Safety Reminders.....	124
Record Keeping	126
Test Yourself	129
Conclusion	129
Part V SUPPLEMENTAL 4-WEEK PROGRAMS.....	131
Endurance/Stamina/Fat-burning Programs.....	133
General Fitness/Power Programs.....	147
Strength Programs	161

Part I



**Running
Specific
Training**

*With Weight Training, Knowledge is the
Key to Success*

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Running*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round running-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

The most important part of this book is the running-specific weight-training program itself, which begins on page 14. This program was created for one reason and one reason only: to improve your running potential. It does this by increasing your strength, endurance, and flexibility in the parts of your body that are most important for running. This program was designed to supply you with the advantage you will need to outperform your opponents. By following this program, you will build your muscles with endurance and stamina. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.

Although running is primarily a sport focusing on leg strength and endurance, certain upper-body muscle groups should not be ignored in order to achieve your maximum potential. This book does not overlook the importance of these muscle groups and has you training your entire body in order to maximize your potential.

This book does not teach you how to perform specific movements. It does not show you the best strategies to perfect your running technique, nor does it give you any tips to improve your specific running skills. This book does, however, provide you with



After following the first two 4-week off-season programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs.

During the off-season, you must supplement your weight-training activities with some sort of running specific activities to keep your body in proper shape.

MUSCULAR ENDURANCE TRAINING

The first and third routines of the off-season cycle are to enhance your muscular endurance. Weight training for muscular endurance differs greatly from strength and power training. Strength training builds up size, bulk, and strength; power training builds explosion, speed, and intensity; and endurance training builds your stamina by enabling your muscles to work longer without fatiguing. Weight training to increase your muscular endurance requires many slow movement repetitions to train and build your slow-twitch muscle fibers, which are responsible for increased endurance and stamina.

The keys to endurance training are as follows:

Proper breathing: Breathing properly is extremely important in endurance training. As you perform repetition after repetition, your instincts will be to hold your breath. With each and every rep, be sure to inhale while lowering the weight on the eccentric movement and exhale while raising the weights on the concentric movement. Never hold your breath.

Smooth rhythmic lifts: In endurance training, the lowering, negative part, of every rep should last at least two seconds and the raising, positive part, should be at least one second. The goal is to keep this rhythm from your first rep to your last to ensure a great workout.