



Tri-Split Strength Training Routine for Runners

Day 1: Chest, Shoulders, Triceps “Push Day”

Chest Press 2 sets of 10-12 reps
Shoulder Press 2 sets of 10 12 reps
Tricep Extensions (flat bench) 2 sets of 10-12 reps
Tricep Push-downs (cable) 2 sets of 10-12 reps
Crunch – 2 X to Exhaustion

Day 2: Back, Biceps, Forearms “Pull Day”

Pull-downs 2 sets to exhaustion (as many as you can do)
Seated Cable Rows 2 sets of 10-12 reps\
Roman Chair or Low Back Extensions 2 sets (bodyweight) to exhaustion.
Curls 2 sets 10-12 reps
Crunch 2 X to Exhaustion

Day 3: Legs, Stomach “Legs/Stomach”

Squats or Lunges 3 sets of 10-12 reps
Standing Dead Lift 2 sets of 10-12
Leg extensions (seated) 2 sets of 10-12 reps
Leg Curls (seated or lying down) 2 sets of 10-12 reps
Seated Calf Raises 1 set to exhaustion
Standing Calf Raises 1 set to exhaustion

Each of these days are to be alternated regardless of how many times you go to the athletic club per week. You should at least try to make it three times a week, or each “day” should be performed once per week. Each workout should not last more than 45 minutes. If you are exceeding 45 minutes per workout (this includes the warm-up and intense aerobic session at the end - see below) then you have to pick up the pace. Shorten the “rest” periods between sets.

Each workout should begin with a light five minute aerobic session “warm-up” on any cardio-vascular (aerobic) machine: (treadmill, stair master, elliptical trainer, or stationary bike). No more than 5 minutes.

Each “day” **must be finished with an intense 5 minute aerobic exercise.** This is very important. You want to use the same (aerobic) machines, but you must go **85%-95% Mhr (Maximum Heart Rate)** for five minutes. There is no need to go longer. The key is that these must be intense. Time yourself. Give yourself a goal (caloric, level of difficulty, speed, etc.) Make sure you record it. See if you can improve upon it as you progress.

Each exercise (set) should be performed between 65-75% of your Fmax. Fmax is what your best single effort (1 lift at max lbs.) at each exercise would be. You will have to determine what these weights are. If you can do more than 15 reps-the weight is too light. If you can’t do more than 7 reps the weight is too heavy. If you have questions as to what machines or free weights to use, or if you would like Brian Collins to create private schedule for you e-mail brian@1stmarathon.com