**Quick Lifting Schedule for the Distance Runner:**

**Monday: Back/Biceps/Shoulders:**

* Lat pull down (if at the gym): 3x10
* Bent over dumbbell rows: 3x10
* Dumbbell Arnold Press (optional-if you have time): 3x10
* Seated Dumbbell Press: 3x10
* Alternating Bicep Curl: 3x10
* Superset:

Front shoulder raises: 3x8

Lateral shoulder raises: 3x8

**Tuesday: Chest/triceps:**

* Dumbbell press (use bar if at the gym): 3x10
* Dumbbell flys: 3x10
* Dips on a bench (or couch if at home): 3X to failure
* Dumbbell Tricep extensions: 3x10

**Wednesday: Legs/glutes/abs:**

* Squats (barbell if at the gym): 3x10
* Dumbbell Lunges: 3x10
* Leg extensions (if at the gym-if time permits): 3x10
* Single leg deadlifts (with dumbbells) if time permits 3X10
* Calf raises (use dumbbells on a stair if at home): 3x10
* Roman chair leg raises (do reverse crunch if at home): 3 sets to failure
* Weighted crunch: 3X15
* Bicycle crunches: 3X15

**Thursday or Friday: 2nd ab day optional:**

* Weighted Jackknife crunches: 3x10-20
* 90 degree weighted toe touchers: 3x20-25
* Exercise ball crunches (do on the floor if no ball): 3x20-25

(sometimes I do shoulders this day with abs when I am short on time Mondays)

**Saturday: Long run day (rest lifting day)**

**Sunday: REST**

\*Always warm up with either a 5 minute walk or run or dynamic stretches (or both) as well as doing the first exercise with light weights before you jump into heavier ones.

\*End each exercise with static stretches

\*The first week lift to near failure (where the last rep is not the last you can do but it’s difficult)

\*After your first week, lift every set to failure (where the last rep is the last you could possibly lift)

\*Give yourself 1 minute rest between each set (except when doing abs-you will only need 30 seconds-take a full minute if you like)

\*A super set is where you perform two exercises in a row with no rest in between them. You take your rest after the second exercise.

\*Focus on form: Do each lift quickly but under control going a little slower on the way back down.