



Explosive Running: Explosive Strength

Anytime Workouts

4 sets
per exercise

8 reps
per set

60 secs
rest between sets

60min



For each exercise, perform 4 sets of 8 repetitions, resting 60 seconds between sets, unless otherwise indicated.

Use a challenging weight (when applicable) that allows you to complete all reps.

This runner-specific workout will help you increase your overall strength and flexibility, while helping prevent injuries.

Equipment: Dumbbells, Bodyweight, Barbell

Intensity

Reps: 8

Sets: 4 sets per exercise

Load: CHALLENGING weight

Rest: 60 seconds between sets

For each exercise, perform 4 sets of 8 repetitions, resting 60 seconds between sets.

Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If its too hard, slightly decrease it.

Uni Snatch

Full Body



- 1 - Squat holding a dumbbell in one hand with your arm straight.
- 2 - Thrust your hips forward, pulling the dumbbell straight up overhead, catching it at the top with your arm straight.
- 3 - Absorb the dumbbell at the top by dipping at the hips and knees slightly, keeping your arm straight.

- Keep the dumbbell close to your body throughout.

Equipment Sub: Kettlebell

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			
4	8			



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Swing Full Body



- 1 - Squat holding a dumbbell in both hands between your legs with your arms straight.
- 2 - Thrust your hips forward, swinging the dumbbell out and up overhead with your arms straight.

- Guide the dumbbell back down along the same path and repeat.

Equipment Sub: Plate, Kettlebell

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			
4	8			

High Knees Cardio



- Stand upright with your feet together and your arms by your sides.
- 1 - Run on the spot raising your knees as high as possible each step.
 - 2 - Rapidly switch feet and use your arms as if running.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			
4	8			

Push Press Shoulders



- 1 - Stand upright holding the barbell in front at shoulder height with your hands shoulder-width apart, elbows bent and your palms facing forward.
- 2 - Bend your hips and knees slightly and then quickly thrust the barbell overhead, extending your arms and legs fully.

- Keep your back flat throughout the movement.

Equipment Sub: Dumbbells

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			
4	8			



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Kneeling Sprint Blastoff

Full Body



- 1 - Kneel upright on the floor with your arms by your sides.
 - 2 - Step one foot forward onto the floor, getting yourself ready to come into a complete upright running position.
 - 3 - Quickly push off the front foot, coming upright into a sprint.
- Walk back and repeat from a kneeling position.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			
4	8			

Incline Power Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your hands up on a step.
 - 2 - Rapidly push up off the step with your hands.
- Land with your hands back on the step, lowering your chest back down and immediately push up again.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			
4	8			

Long Jump

Legs



- Stand upright with your arms by your sides.
- 1 - Dip slightly at your hips and knees, getting ready to jump.
 - 2 - Jump forward as far as you can, swinging your arms up in front to help propel you.
 - 3 - Land, bending at the hips and knees slightly to absorb and repeat the jump.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			
4	8			



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Turkish Get Up Full Body



- 1 - Lie on the floor with a dumbbell straight up over your chest and one leg raised, bent at the hip and knee.
 - 2 - Thrust the bent leg forward raising your upper body off the floor and placing your hand flat on floor to the side.
 - 3 - Come up onto one knee with the dumbbell overhead and your arm straight.
 - 4 - Stand upright with your arm fully extended overhead.
- Complete all reps on one side before switching to the other side.
- Equipment Sub: Kettlebell, Med Ball

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			
4	8			