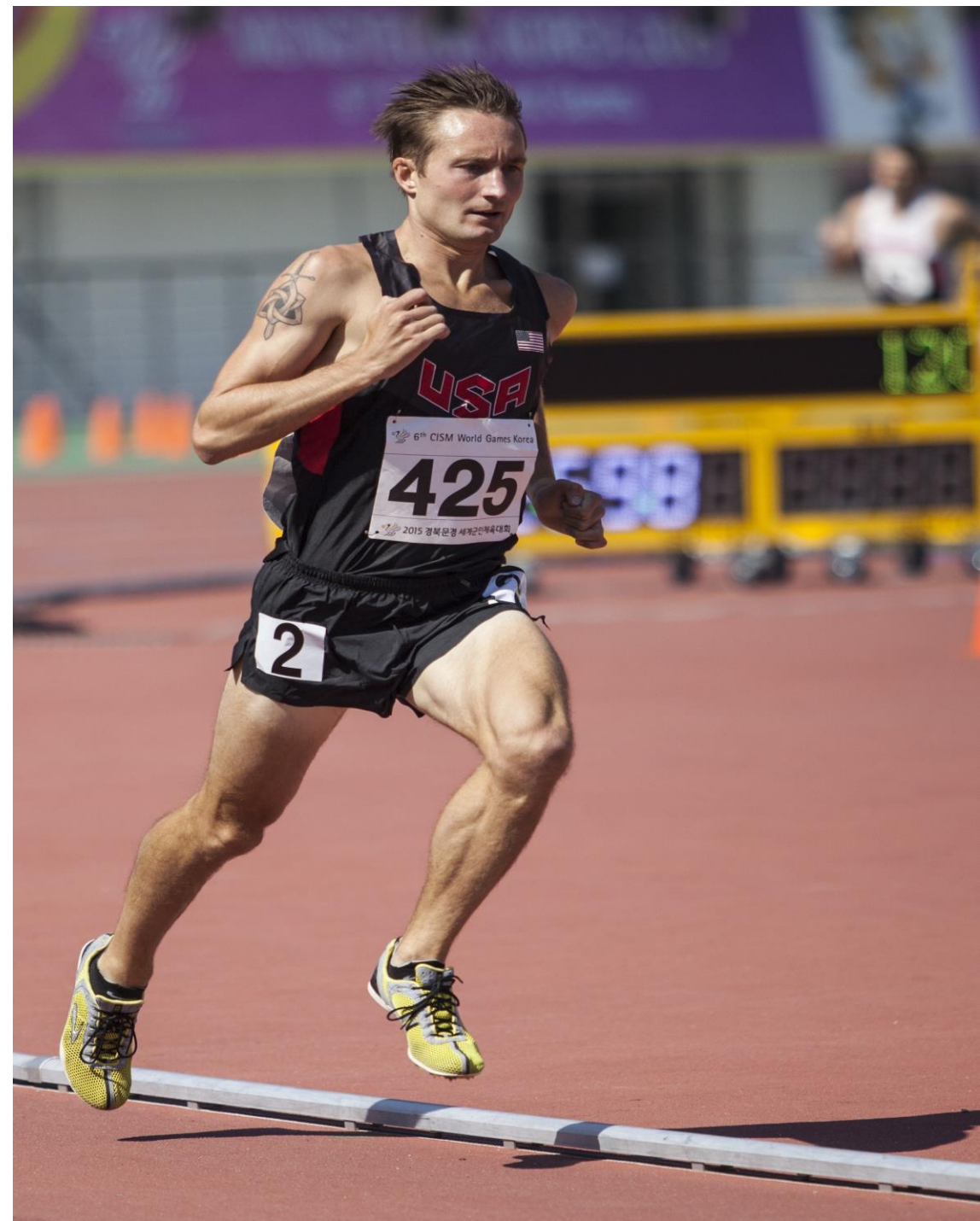


**FOR RUNNERS  
ONLY:  
CHAMPION  
STRENGTH, SPEED, AND  
MOBILITY TRAINING**

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# CHAMPION STRENGTH, SPEED, AND MOBILITY TRAINING

- Welcome to your new Champion Training Plan. This 6-week plan offers supplemental strength sessions to the runner who has intermediate level weight training experience. It is designed to improve your durability, power, and strength.
- Each strength, speed, or mobility session should match the intensity of your running workouts. Each session indicates what type of run, if any, should accompany the given circuit.
- The plan includes 4 days per week with workouts ranging from 15-45 minutes. It also includes 2 optional days each week.
- Each session has a “Theme”, which targets key concepts in running mechanics, and recovery.

# CHAMPION STRENGTH, SPEED, AND MOBILITY TRAINING

## You will need:

Bench or step

Small dumbbells or a barbell

Medicine ball

Broomstick

Rope/bungee

Bleachers or a short, steep hill

Weight room/gym once a week (if no access, email me and I'll send you an alternate workout)

Each session has an accompanying YouTube playlist that takes you through the exercises.

At any time, email me at [carrie@verticalpush.com](mailto:carrie@verticalpush.com) with any questions.

# AM I READY FOR THE CHAMPION PROGRAM?

If you're unsure of your strength training "level," here is a checklist of concepts you should understand. If you have a coach who can cue these skills OR you can do them on your own, then you're ready for this program:



Understand proper posture and mechanics in the squat and squat jump landing.



Understand hip extension and hip loading mechanics

If you are new to strength training or coming back from an injury, I highly recommend starting with the lower level "World Class" program. This is a great intro and will progress you right into this intermediate level program

# WEEK 1 OVERVIEW:

Week 1 starts with low level ballistic work to build elasticity and improve your push off the ground with each step. This will help your overall running efficiency as well as challenge your core in running-specific movement patterns.

|   | DAY 1                              | DAY 2   | DAY 3                                 | DAY 4  | OPTIONAL DAY 5                     | OPTIONAL DAY 6                        |
|---|------------------------------------|---|---------------------------------------|--|------------------------------------|---------------------------------------|
| <b>Theme</b>                              | Body balance & Restoration         | Strength & Light ballistic movements                    | Mobility                              | Force application & Posture                              | Body balance & Restoration         | Mobility                              |
| <b>Accompanying run workout</b>           | Easy run, long run, or day off     | Long intervals, fartlek, hills, tempo, or steady state. | Easy run, long run, or day off        | Faster intervals, hills, fartlek, tempo                  | Easy run, long run, or day off     | Easy run, long run or day off         |
| <b>Strength, Speed, Mobility activity</b> | 15 minute general strength circuit | 40-minute weight circuit and light hops                 | 15 minute dynamic flexibility circuit | 25-minute drills, short sprints, and multi-throw circuit | 15 minute general strength circuit | 15 minute dynamic flexibility circuit |

At any time, email me at [carrie@verticalpush.com](mailto:carrie@verticalpush.com) with questions.

# WEEK 1, DAY 1: BODY BALANCE & RESTORATION

This up-tempo workout focuses on your overall bodyweight strength, balancing training of your legs, arms, and core equally.

## **Accompanying run workout:**

Easy run, long run, or day off

## **Terms:**

R = right

L = left

" = seconds

DB = Dumbbell

SL = single leg

## **CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES**

*Perform each exercise 30", rest 30". If that is too easy, reduce the rest to 15". Do not perform the exercise longer than 30".*

*Move FAST AND POWERFUL through each exercise.*

## **Ama Dablam Circuit**

1. Split squat R (no DB needed)

2. Split squat L (no DB needed)

3. Reverse crunch

4. Suitcases

5. SL crab position hip lift R

6. SL crab position hip lift L

7. Mountain climbers wide

8. Supermans

9. Clap pushups

10. V-ups

# WEEK 1, DAY 2: STRENGTH & LIGHT BALLISTIC MOVEMENTS

We add light ballistic movements to some traditional strength work. Work on quick touches on all the jumping and dynamic movements.

**No gym access? Email me at [carrie@verticalpush.com](mailto:carrie@verticalpush.com) and I'll send you a custom circuit.**

## **Accompanying run workout:**

Intervals, hills or threshold work.

## **Additional notes about the circuits:**

Take your time on these circuits! Both the lifting and jumps should involve significant rest intervals. Recover enough between exercises to put forth maximal effort for each activity.

## **Terms:**

DL = Double leg

DB = Dumbbell

R= Right

L = Left

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## **CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES**

*Take ample rest in between all exercise sets. This should not be taxing on the lungs.*

*Focus on posture and maximizing force production*

## **CERRO TORRE JUMP CIRCUIT**

*10 seconds each jump, 20-30 seconds rest between jumps.*

1. DL in – place hops
2. R leg in-place hops
3. L leg in-place hops
4. DL fwd/bkwd line hops
5. DL lateral line hops
6. R leg rotational hop to R
7. R leg rotational hop to L
8. L leg rotational hop to R
9. L leg rotational hop to L
10. DL twist hops to R
11. DL twist hops to L
12. Split jumps (no MB or DB)
13. X-hops fwd/bkwd

## **WEIGHT CIRCUIT**

*2x6 each:*

1. Dynamic step ups R
2. Dynamic step ups L
3. Jump pullups
4. Front squat
5. Standing DB press
6. Bench press
7. Low to high weighted swings

# WEEK 1, DAY 3: MOBILITY

Even though these mobility workouts are short, they add up over time. Great warmup or cooldown for a run.

## **Accompanying run workout:**

Easy run, long run, or day off

## **Terms:**

OH = overhead

[CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES](#)

## **MOBILITY CIRCUIT**

*1-2 x 5 reps per R and L side.*

- [1. Posterior bows](#)
- [2. Lunge with torso twist](#)
- [3. Lunge with OH reach](#)
- [4. 90-90-90 stretch](#)
- [5. Seated IT band](#)
- [6. Childs pose with rotation](#)
- [7. Band/rope walks forward over](#)
- [8. Band/rope walks forward under](#)
- [9. Band/rope walks backward over](#)
- [10. Band/rope walks backward under](#)



# WEEK 1, DAY 4: FORCE APPLICATION & POSTURE

Here are fun, explosive exercise that will keep you durable, and train your hips to function properly. These exercises focus on POWER, not on aerobic capacity. **Take as much recovery as you need between each effort. These workouts are not circuit-style.**

**Accompanying run workout:**  
Intervals, hills, or threshold work

**Terms:**

R = Right

L = Left

R/L = Right and left alternating

OH = overhead

**CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES**

**DRILLS**

*2x10m ea*

1. Lateral shuffle R
2. Lateral shuffle L
3. Lateral shuffle R stick OH
4. Lateral shuffle L stick OH
5. Ankle pops
6. Ankle pops with stick OH

**SHORT, STEEP SPRINTS**

*5-10 x 10m*

1. short, steep stair or bleacher sprints

**MULTI-THROWS**

*Use 4-10 lb medicine balls*

*x 6 ea*

1. Backward overhead
2. Forward underhand
3. "Hay bale"/hammer throw R
4. "Hay bale"/hammer throw L

# WEEK 1, DAY 5 (OPTIONAL): BODY BALANCE & RESTORATION

This up-tempo workout focuses on your overall bodyweight strength, working your legs, arms, and core.

## **Accompanying run workout:**

Easy run, long run, or day off

## **Terms:**

R = right

L = left

" = seconds

DL = double leg

SL = single leg

## **CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES**

*Perform each exercise 30", rest 30". If that is too easy, reduce the rest to 15". Do not perform the exercise longer than 30". Move FAST AND POWERFUL through each exercise.*

## **Ama Dablam Circuit**

1. Split squat R (no DB needed)
2. Split squat L (no DB needed)
3. Reverse crunch
4. Suitcases
5. SL crab position hip lift R
6. SL crab position hip lift L
7. Mountain climbers wide
8. Supermans
9. Clap pushups
10. V-ups

# WEEK 1, DAY 6 (OPTIONAL): MOBILITY

Even though these mobility workouts are short, they add up over time. Great warmup or cooldown for a run.

## **Accompanying run workout:**

Easy run, long run, or day off

## **Terms:**

OH = overhead

[CLICK ON THIS BOX TO SEE VIDEOS OF ALL EXERCISES](#)

## **MOBILITY CIRCUIT**

*1-2 x 5 reps per R and L side.*

- [1. Posterior bows](#)
- [2. Lunge with torso twist](#)
- [3. Lunge with OH reach](#)
- [4. 90-90-90 stretch](#)
- [5. Seated IT band](#)
- [6. Childs pose with rotation](#)
- [7. Band/rope walks forward over](#)
- [8. Band/rope walks forward under](#)
- [9. Band/rope walks backward over](#)
- [10. Band/rope walks backward under](#)

# WEEK 3 OVERVIEW:

Week 3 offers new exercises that are more complex, while still including the important recovery day activities.

|   | DAY 1                           | DAY 2   | DAY 3                                 | DAY 4   | OPTIONAL DAY 5                  | OPTIONAL DAY 6                        |
|---|---------------------------------|---|---------------------------------------|---|---------------------------------|---------------------------------------|
| <b>Theme</b>                              | Posterior chain & Rotation      | Strength & Hip extension                                | Mobility                              | Lateral & Explosive movement                            | Posterior chain & Rotation      | Mobility                              |
| <b>Accompanying run workout</b>           | Easy run, long run, or day off  | Long intervals, fartlek, hills, tempo, or steady state. | Easy run, long run, or day off        | Faster intervals, hills, fartlek, tempo                 | Easy run, long run, or day off  | Easy run, long run or day off         |
| <b>Strength, Speed, Mobility activity</b> | 15 minute medicine ball circuit | 40-minute weights and jump circuit                      | 15 minute dynamic flexibility circuit | 25-minute drills and medicine ball (or shot put) throws | 15 minute medicine ball circuit | 15 minute dynamic flexibility circuit |

At any time, email me at [carrie@verticalpush.com](mailto:carrie@verticalpush.com) with questions