



Runner's Strength Training Blueprint

A free resource from Walter Endurance Co.

Why Strength Training Matters

Strength training helps runners improve running economy, reduce injury risk, build durability, and maintain performance throughout a training cycle.

3 Key Principles

- Prioritize consistency over complexity.
- Focus on quality movement before adding load.
- Perform 2 strength sessions per week year-round.

The Essential Movement Categories

1. Squat Pattern
2. Hinge Pattern
3. Single-Leg Strength
4. Core Stability
5. Upper Body Strength

Runner Mobility Routine

Spiderman Lunge to Twist

<https://youtu.be/fzvmfUf1V7w?si=7vwInrPZvNAhn3Hq>

Squat to Y

<https://youtu.be/SDi1HNa208g?si=QIFiwWaKfivHdZHL>

Walking Patterns

<https://youtu.be/ZTAiezXhIB0?si=UaLZxUMgxcsCgShu>

Sample Weekly Structure

Monday: Easy Run + Strength

Tuesday: Quality Run

Wednesday: Easy Run

Thursday: Quality Run + Strength

Friday: Recovery

Saturday: Easy Run

Sunday: Long Run

Common Mistakes

- Doing hard strength sessions before key run workouts.
- Chasing soreness instead of progression.
- Removing strength training during race season.

Next Step

Looking for individualized coaching, training plans, or performance reviews?

Visit <http://walterenduranceco.com/>

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