

Cross Training for Runners

Cross Training

Cross Training: Supplementing your training routine with different exercises for well rounded fitness.

Example: Following a strength training program on the designated days in your Couch to 5K Calendar.

Benefits of Cross Training

1. Improves overall fitness and can help you become a better runner by increasing strength, speed, and endurance
2. Improves posture and coordination by removing muscular imbalances
3. Prevents injury by strengthening your core and legs which will prevent overuse injuries
4. Gives you all the health benefits of strength training such as increasing muscle mass, bone density, and disease prevention
5. Boosts your mood and mental health

Examples of Cross Training

Beginners: Stick to a full body strength training program on your calendar's designated days. Look on Youtube or other streaming services for full body workouts for inspiration or attend zoom Group X classes through the Rec.

Intermediate: Follow a strength training program on your designated cross training days. On "Cross Training for Runners" days complete the exercises on the next few slides to strengthen the muscles used during running.

Cross Training for Runners

Glute Bridge to Strengthen
glutes, core, and hamstrings.
Complete 2-3 Sets of 20.



Cross Training for Runners

Body Weight Squats for strengthening quads, glutes, and hamstrings. Complete 2-3 sets of 20.



Cross Training for Runners

Forward Lunges for strengthening quads and glutes, and improving balance. Complete 2-3 sets of 10 on each leg.



Cross Training for Runners

Single Leg RDL for strengthening glutes and hamstrings and increasing balance. Complete 2 sets of 12 on each leg.



Cross Training for Runners

Plank hold and Side Plank Hold for strengthening core and shoulders. Hold for 30 seconds, repeat 3 times. Hold side Plank for 15 seconds and repeat twice per side.



Other Cross Training Idea

- Cycling
- Swimming
- Yoga
- Hiking
- Dance
- soccer