



# 9 Essential Weight-Training Exercises for Runners

## UPPER BODY

COMPLETE 3 SETS OF EACH EXERCISE

**Pushup**  
15 reps



**Bent-Over Row**  
12 reps



**Reverse Fly**  
12 reps



## CORE

COMPLETE 3 SETS OF EACH EXERCISE

**Plank**  
30-60 sec



**Leg Raise**  
10 reps



**Single-Side Weighted Situp**  
12 reps



## LOWER BODY

COMPLETE 3 SETS OF EACH EXERCISE

**Deadlift**  
12 reps



**Lunge**  
8-12 reps



**Single-Leg Bridge**  
15 reps  
alternate legs



# Weight Training For Runners

**Ken Sprague**



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