



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



Runners World Aerobic Weight Training

Robert R. Redfield



Runners World Aerobic Weight Training:

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