

# Running Divas Strength Program – 42 km Goal

This strength program is for runners aiming to complete a Marathon.

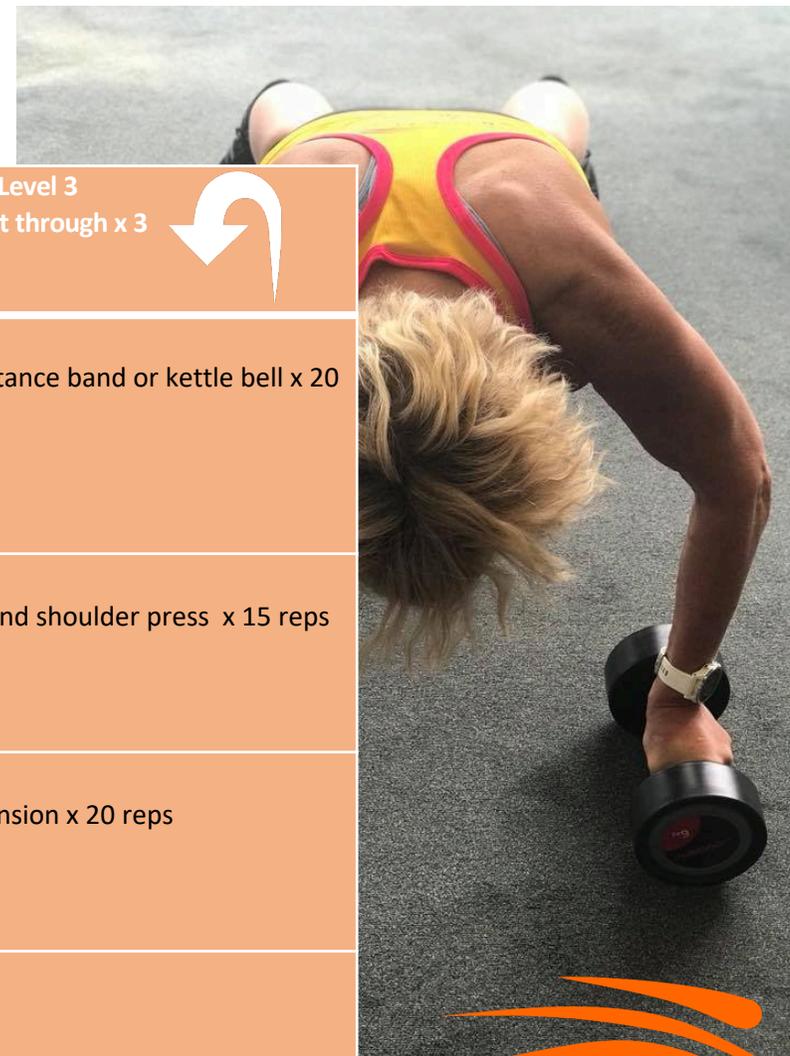
Choose your level.

See our video library of exercises for correct form and technique for all exercises.

Always begin with some dynamic stretching and static stretching or foam rolling to finish.

Some examples can be found at the end of this download.

Level 1 Repeat through x 1 	Level 2 Repeat through x 2 	Level 3 Repeat through x 3 
Upright row with resistance band or kettle bell x 15 reps	Upright row with resistance band or kettle bell x 15 reps	Upright row with resistance band or kettle bell x 20 reps
Burpee step out with push up and shoulder press x 10 reps	Burpee with push up and shoulder press x 10 reps	Burpee with push up and shoulder press x 15 reps
Superman back extension x 10 reps	Stability ball back extension x 15 reps	Stability ball back extension x 20 reps
Cardio Burst- Run 400m rest for 1 minute x 3 reps		



Always consult with an allied health professional before undertaking any strength program

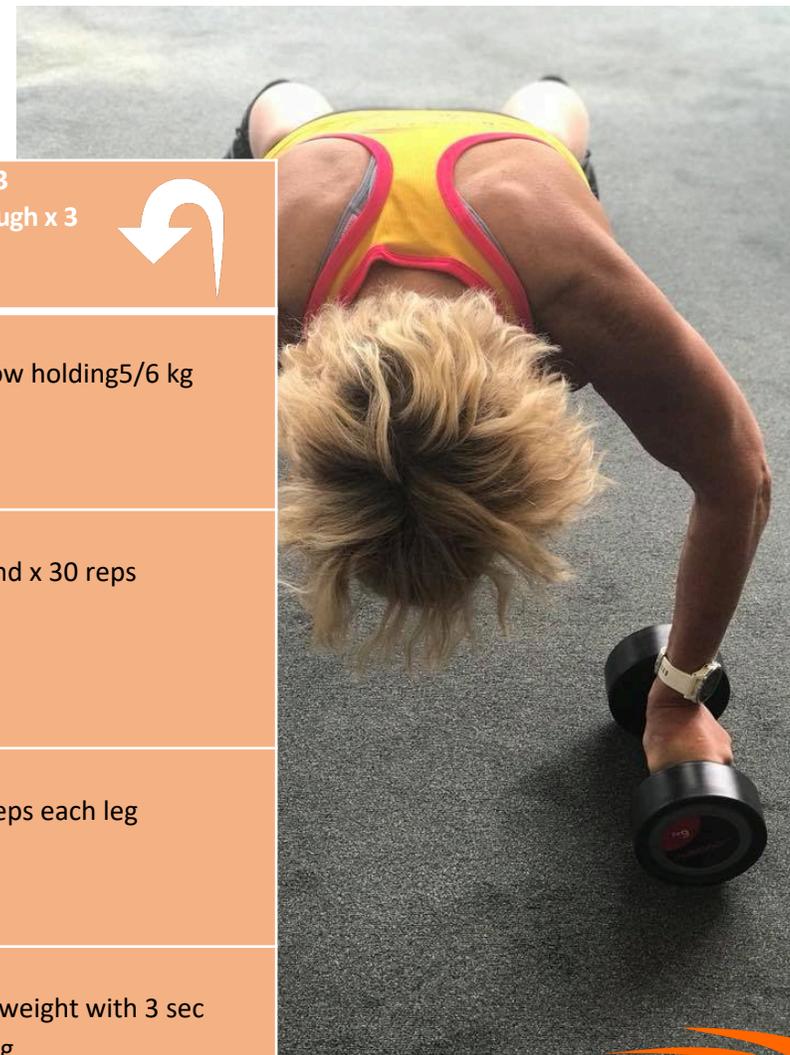
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Level 1 Repeat through x 1 	Level 2 Repeat through x 2 	Level 3 Repeat through x 3 
Spiderman plank on knees x 5 reps each side	Spiderman plank x 5 reps each side	Spiderman plank with push up x 5 reps each side
Bicycle crunches x 15 reps each side	Bicycle crunches x 20 reps each side	Bicycle crunches x 30 reps each side
Modified V-sit ups x 10 reps	V-sit ups x 10 reps	V-sit ups x 15 reps
Cardio Burst- Run 400m rest for 1 minute x 3 reps		

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Level 1 Repeat through x 1 	Level 2 Repeat through x 2 	Level 3 Repeat through x 3 
Sumo squat with up right row holding light weight x 10 reps	Sumo squat with up right row holding 4kg weight x 10 reps	Sumo squat with up right row holding 5/6 kg weight x 10 reps
Bridging with resistance band x 20 reps	Bridging with resistance band x 25 reps	Bridging with resistance band x 30 reps
Bulgarian split squat on small step x 10 reps each leg	Bulgarian split squat x 15 reps each leg	Bulgarian split squat x 20 reps each leg
Alternating side lunge with weight x 10 reps each side	Alternating side lunge with weight with 3 sec pulse hold x 5 reps each leg	Alternating side lunge with weight with 3 sec pulse hold x 10 reps each leg
Cardio Burst- Run 400m rest for 1 minute x 3 reps		



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## Dynamic Stretches

### Hip Flexor Stretch

Stand tall. Flex your hip and knee to bring your right knee up toward your chest as you swing your left arm forward. Lower to the ground, then repeat on the other leg.

X 10 reps each leg



### Leg Flexor Stretch

Stand tall with your right arm forward. Bend your knee at a right angle in front of you, thigh parallel to the ground, as you swing your right arm back and left arm forward. Contract your quads to extend your leg straight out. Return to standing, then repeat with the other leg.

X 10 reps each leg



### Leg Extensor Stretch

Tighten your hamstrings and bend your right knee behind you, bringing your heel toward your butt as you swing your right arm back and left arm forward. Straighten your leg, then repeat on the other side.

X 10 reps each leg



### Plantar Flexor Stretch

Stand with your hands on your hips. Raise your right foot a few inches, keeping your knee straight. Quickly flex your foot, pointing your toes upward. Return to standing, then repeat with the other foot.

x 10 reps each leg



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## Dynamic Stretches

### Hip Extensor Stretch

Hinge forward at your hips. Raise your right foot and bend your right knee in front of you while swinging your left arm forward as you would when be running. From there, maintain the same lean as you quickly stretch your right leg behind you. At the same time, swing your right arm forward and your left arm back. Return your knee in front of you and repeat with the other leg.

x 10 reps each leg



### Super dog

Kneel and place your elbows on the floor, bent 90 degrees. Slide your left hand forward and stretch your right leg behind you until both are straight. Raise your left arm and right leg as high as you can, forming a straight line from your fingertips to your toes. Hold for two seconds, then return to start. That's one rep.

x 14 reps each side.



### Arm rotations

With your feet shoulder-width apart, hold your arms straight out to make a "T" with your upper body. Make clockwise circles with your arms, starting with a small range of motion and working up to circles that use your full range of motion.

X 10 reps and then reverse the motion and do 10 reps.



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## Static Stretches

Hamstring stretch- 15 seconds each leg



Hip flexors stretch- 15 seconds each leg



Quadriceps stretch- 15 seconds each leg



Calf stretch- Hold for 15 seconds



# Running Divas Strength Program – 10 km Goal

## Dynamic stretches

Shoulder stretch- 15 seconds each arm



Lower back stretch- 15 seconds each side



Gluteus stretch – 15 seconds each side

