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Start standing with feet just wider than hip-width apart, toes pointed slightly out, clasp hands at chest for balance. Send hips back and down, bending knees to lower down as far as possible with right foot, bending both knees to 90 degrees.
Drive through right heel to stand, while stepping left foot forward and dropping into a lunge on the left side. Continue walking forward, making sure back knee hovers just off the floor with each stepping left foot forward and dropping into a lunge on the left side.
challenge. Advertisement - Continue Reading Below Staff Start standing with hands on hips. Shift weight to left leg and bring right knee up so hip, knee, and ankle form 90-degree angles. Hold this position for 30-60 seconds. Rest, then repeat on other leg. Stand with feet together. Step right foot back, lowering down so both knees form a 90-degree
angle, with right knee hovering just above the floor and left knee tracking over toes. Drive through left heel to stand up, stepping right foot forward, feet together. Repeat on left side. Continue alternating. Advertisement - Continue Reading BelowLie faceup, knees bent, and feet planted on the floor. Drive through heels, contracting the glutes to lift
hips up toward the ceiling. Body should form a straight line from shoulders to knees. Lower hips back to the floor. Repeat. Then
switch sides. Advertisement - Continue Reading BelowStart standing. Place top of right foot on a bench or chair behind you, about at knee height. Step left leg out far enough to create a 90-degree angle without the knee reaching past the toes. This is the starting position. Squeeze inner thighs together, as you lower straight down. Left knee should hit
90 degrees, while right knee points straight down to the floor. Press through feet to jump up, switching legs in the air. Land in a lunge position with left leg
forward. Continue alternating lunges with a jump in the middle, aiming to increase time on the ground. Advertisement - Continue Reading BelowStart standing and shift weight to left knee to lower halfway down into a squat as you
raise arms out in front of you for balance. Keep weight in left heel. Drive through left foot to stand back up. Repeat. Then switch sides. Stand with feet hip-width apart on the edge of a step or box, legs straight. Shift weight to right foot, left foot lifted off step. Push through right foot to come up to toes. Pause for a second, then lower heel back down
and repeat. Then switch sides. Advertisement - Continue Reading BelowStart standing with feet just wider than hip-width apart, toes pointed slightly out, clasp hands at chest for balance. Send hips back and down, bending knees to lower down as far as possible with chest lifted. Drive through heels and explode up, jumping off the ground. Land softly
with bent knees, going right back into a squat. Repeat. Stand on the edge of a step or box with feet hip-width apart, knees bent about 45 degrees. Shift weight to right leg and let left foot hang off step. Push through right forefoot to come up to toes. Pause for a second, then lower heel back down. Repeat. Then switch sides. Advertisement - Continue
Reading BelowStand with left foot on a step and right heel below the edge. Slowly and with control, lower heels down below the edge of step for a count of 3
to 5. Pause, then lift heels back up. Repeat. Advertisement - Continue Reading Below Julia Hembree Smith Start on all fours, shoulders over wrists. Step feet back and engage glutes and thighs to straighten legs. Body should form a straight line from shoulders to hips to heels. Think about pushing the ground away from you and pulling the belly button
up toward the spine to keep back flat. Hold this position for 30-60 seconds. Start in a high plank position, shoulders over wrists, core engaged so body forms a straight line from shoulders to hips to heels. Engage glutes and thighs to keep legs straight. Drive left knee in toward chest, then quickly step it back to plank position. Immediately drive right
knee in toward chest, then quickly step it back into plank position. Continue alternating. Advertisement - Continue Reading BelowLie on left side, left forearm on the floor with elbow directly under shoulders to heel and extend right arm to ceiling. With control, reach right arm underneath the body,
rotating upper body toward the floor. Extend right arm back up toward ceiling and return to side plank. Repeat. Then switch sides. Julia Hembree SmithLie faceup, legs straight, arms by sides with hands positioned below glutes for support. Lift legs just six inches off the mat. Draw belly button to spine to keep low back from lifting up off mat. Hold for
30-60 seconds. Advertisement - Continue Reading Below Sit on the floor, knees bent, heels resting on mat. Lean upper body back about 45 degrees. With elbows bent and hands together, rotate torso to the left. Continue alternating. To make it harder, hold a dumbbell or kettlebell or lift heels off of floor. Lie faceup, legs
straight, hands under glutes for support. Keeping low back flat against the mat, lift legs up toward ceiling, keeping knees as straight as possible. Slowly lower legs back down toward the floor. Continue to press low back into mat. When legs hover just an inch off the floor, lift back up.Repeat.Mallory Creveling, CPTDeputy Editor, Health &
FitnessMallory Creveling is an ACE-certified run coach, who also holds certifications in kettlebell training, sports performance, and more. She has more than a decade of experience covering fitness, health, and nutrition for a wide range of publications, and nearly 10 years of experience as a trainer and fitness
instructor. Mallory stays on top of her continuing education in fitness, as well as the latest science in wellness. She has worked with some of the best experts in their medical fields, and regularly interviews researchers, trainers, athletes, and more to find the best advice for readers looking to improve their performance and well-being. As a freelance
writer, Mallory's work appeared in Women's Health, Self, Men's Journal, Reader's Digest, and more. She has also held staff editorial positions at Family Circle and Shape magazines, as well as DailyBurn.com. A former New Yorker/Brooklynite, she's now based in Easton, Pennsylvania. Monique LeBrun is a health and fitness editor who
is based in Easton, Pennsylvania. She covers a wide range of health and wellness topics, with a primary focus on running performance and nutrition. Monique is passionate about creating content that empowers runners to become the best versions of themselves. As an avid runner and parent, she loves spending time outdoors with her daughter, who
often accompanies her on weekend runs as her personal mini run coach. Advertisement - Continue Reading Below As the name suggests strength training exercises can be done at home with no need for the gymYou are simply using your own body weight as resistance - gravity is
a very powerful force and it's free so everyone can make use of it! This is the next level up from our Strength Training For Beginners and is a little more involved, but more effective ;-) These kind of resistance toning exercises strengthen the connective tissues in the body, re-enforcing and stabilizing the joints to help keep your running injury free,
improving your speed and enduranceBalance is a key feature in a lot of the exercises and every time you have to balance you are engaging your core muscles Don't rush these exercises; make your movements slow, precise and controlled. This activates those "hard-to-get-to" muscles in your core and legs, you will feel them burning and you may be a
bit stiff tomorrowBut your used to pain, you're a runner, right! :-)We've put together a strength training without weights routine which will work on your feet, legs, core and upper body. Have a practice at any you are not familiar with first and you might want to use an exercise mat for a bit of cushioning1. V-sits Lie on your back with your arms at
your sides, with legs straight, simultaneously lift your body and legs to make a 'V' shape, hold for 3 sec then slowly lower back down. Keep your head and then raise legs and body to a 'V'2. Scissors Side to Side Lie on your back and lift your
legs high as straight as you can, supporting your back with your hands, keeping legs straight open them to the side as wide as you can then bring them back and cross the ankles, repeat 20 times 3. Scissors Forwards and Backwards Similar to the first scissors exercise, but this time move legs forwards and backwards -like walking. Repeat 20 times 3.
make both these strength training exercises harder try doing them without supporting your back with your hands4. Cossack Extension Hold on to support if you want to, squat down as low as you can (not below knee level). Extend one leg out to the side, heel at 45 degrees and the other foot should stay flat, hold for 3 sec then return the leg, alternate
the move with each leg 10 reps each legStay as low as you can in the squat throughout the exercise is the press up. If you have not done them before it might be best to start with knees on the floor, feet raised and ankles crossed, stretch out the body so it is flat, hands should be
under the shoulders arms nearly straight but try to keep your elbows soft. Lower the body until the elbows are at a right angle then rise back up. Start with 10-20 repsWhen this gets easy, lift the knees off then raise and lower from the toes, remember to keep your body straight6. Side Plank Lay outstretched on one side leaning on one elbow and
forearm. Keeping the body and legs straight rise up the hips so you are resting on the elbow and ankles (rise up from the knees if this is too difficult), when the body is in a straight 'plank' hold this for 5 sec. Repeat 5 times then turn over 7. Calf Raiser Squats Stand with legs wider than hip apart and feet turned outwards, lower down into a half squat
and hold, go onto tip toes on one foot, keeping the heel raised, SLOWLY dip down into full squat and then SLOWLY dips on each legThis one really makes your quads burn! And it's great for ankle strengthening8. Bridge With Leg Lift Lay on your back with knees bent, pull in your stomach and
lift your bottom off the floor so the body is in a line, your weight is on your shoulders and feet, get your balance then raise one leg out straight, hold for 5 sec. Repeat 5-10 times each leg9. One Leg Squats Stand on one leg with the other straight out in front as high as you can, squat down as low as you can then back up. Repeat 15-20 times each leg10.
Eccentric Calf Raises This is an important strength training without weights exercise, stretching and building up the achilles and calf muscles. Stand on tip toes again,
repeat 10 times on footAlternate between straight leg and bent leg when lowering down your weight, this will engage the calf muscles properly Strength Training Without Weights - Final Word The whole routine should take about 20 minutes, more depending on how many reps you doRemember Slow and Controlled movements, the slower you go the
deeper into the muscles you work and the more benefit you getThe tortoise really does win this race! If strength training without weights gets too easy for you then take a look at our multi-gym, resistance band and stability ball workouts Also try: Strength Training For Beginners (6 exercises) Stability Ball Exercises (for more fun!) To return from
Strength Training Without Weights back to Home Page, click here Train > Workout Guides Build strength, stability, and injury resistance with this runner-specific bodyweight routine you can do anywhere—no gym required. As a running coach, I can tell you—whether you're training for a 5K, marathon, or an ultra trail race, race success doesn't come
just from logging miles; it comes from building a well-rounded foundation that supports your running every step of the most important, yet often overlooked, pillars of that foundation is strength training. In addition to smart training, recovery runs, and adequate rest, runners need to prioritize other key areas: quality sleep, proper
nutrition, hydration—and yes, consistent strength work. Now, I get it. Adding strength sessions into an already-packed training plan and busy life can feel like a lot. But here's the good news: you don't need to join a gym or invest in expensive gear. A simple, effective bodyweight workout can be done right at home—and it can make a big difference in
your performance and injury resistance. In this guide, I'll break down why strength training to your general training program?
Because it provides a ton of benefits to make you a better runner and all-around healthy, strength training can: Increase muscles strengthFerrauti, A., Bergermann, M., & Fernandez-Fernandez, J. (2010). Effects of a Concurrent Strength and Endurance Training on Running Performance and Running Economy in
Recreational Marathon Runners. Journal of Strength and Conditioning Research, 24(10), 2770-2778. to allow you to run faster and longer. Fix imbalances and weaknesses in the body to help avoid overuse injuries Boost running performance. Berryman, N., Mujika, I., Arvisais, D., Roubeix, M., Binet, C., & Bosquet, L. (2018). Strength Training for
Middle- and Long-Distance Performance: A Meta-Analysis. International Journal of Sports Physiology and Performance, 13(1), 57-64. Better running economy in Highly Trained Runners. Journal of Strength and Conditioning
second. Ideally, leave at least 4-6 hours between these sessions, so if you run before work at 6:00 am, try and do your full bodyweight workout for runners after work in the afternoon. Focus on good posture and form for each exercise to decrease the risk of pain or injury. Be consistent. If you skip too many days, you'll feel sore after each workout
and you won't be able to adapt adequately. If you are not currently strength training, begin with 2 rounds of 8 reps of each of these exercises, and gradually build up to 3 rounds of 12-14 reps. So, are you ready to get your workout on? Bodyweight Workout For Runners: No Equipment Needed The classic squat should be a staple in all strength
workouts for runners. Here, we will look at a traditional bodyweight squat, but there are endless variations you can add to your workouts. If you want to spice it up, check out our 20 squat variations, here. Stand tall, core engaged, with your feet slightly wider than hip-width apart and your toes pointed out slightly. Bring your hands together at the
middle of your chest. Bring your hips back as if you were going to sit back in a chair and lower down to 90 degrees where your thighs are parallel to the floor. Be sure your starting position. Note: Ensure that your knees do not collapse inward when you lower
into your squat. You want to push your knees outward to avoid this. Another classic exercise for runners is lunges. This unilateral exercise for runners is lunges. This unilateral exercise for runners is lunges. This unilateral exercise forces us to work each leg separately, which is excellent for improving imbalances. Stand tall with your feet shoulder-width apart, chest up, and shoulders back, looking straight ahead. Take a big step back with
your right foot, placing the ball of your foot on the floor behind you. As you take this step, bend both knees until they reach 90 degrees. Your right knee will be just above the ground, and your left thigh will parallel the floor. Push off your back foot and return to the starting position. Alternate legs. Repeat for the desired number of reps. Note
Ensure you take a large enough step back that your front knee does not pass over your front toes and that both legs are at 90 degrees when you reach your front toes and that your front toes and that both legs are at 90 degrees when you reach your front toes and that your front toes and that both legs are at 90 degrees when you reach your front toes and that both legs are at 90 degrees when you reach your front toes and that both legs are at 90 degrees when you reach your front toes and that both legs are at 90 degrees when you reach your front toes and that both legs are at 90 degrees when you reach your front toes and that both legs are at 90 degrees when you reach your front toes and that both legs are at 90 degrees when you reach your front toes and that both legs are at 90 degrees when you reach your front toes and that both legs are at 90 degrees when you reach your front toes and that both legs are at 90 degrees when you reach your front toes and that your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach your front toes are at 90 degrees when you reach you re
ahead. Take a big step to your left, hinge forward at the hips, and sit back as you would sit back in a chair, bending your left knee into a lunge position. Push off your left, hinge forward at the hips, and sit back as you would sit back in a chair, bending your left knee into a lunge position. Push off your left, hinge forward at the hips, and sit back as you would sit back in a chair, bending your left knee into a lunge position. Push off your left, hinge forward at the hips, and sit back as you would sit back as you wo
bride as it causes instability. This exercise will work your glutes to the max in addition to your hamstrings and lower back. Begin by lying on your sides, and heels on the floor at hip-width apart. Lift your right leg and extend it straight parallel to your right thigh. Engage your core and lift your hips off the
ground, aligning with your left knee. Hold this position for a second, activating your hips to the starting position. Repeat on the other side. Now that we've warmed up our hamstrings, let's really give them a workout with our walkout: Lie on the floor, facing up
arms by your side. Bend both knees bringing your feet close to your feet, until your legs are fully extended, bodyweight supported by your heels. Pause in this extended position for a moment. Retake short
steps, this time back toward your starting position. Repeat for the desired amount of reps or time. Moving on to the calves: Stand tall with your shoulders back and core engaged. Push up through the balls of your feet and raise your feet and raise your feet and raise your feet and raise your starting position. Repeat for the desired amount of reps or time.
Note: To increase the difficulty of this exercise, you can perform it by balancing on a single leg or on the edge of a step to lower down below floor level. Onto our core: This exercise is a mix between a plank, and a push-up, creating a core/upper body workout, that will also raise your heart rate. Lie face down on the floor, hands on either side next to
your shoulders, palms facing down. Engaging your core, push yourself into the full plank position, body in a straight line from head to foot. Your hands, elbows, and shoulders should be in a straight line, shoulder-width apart, with weight distributed between your arms and toes. The closer together your feet are, the more difficult the plank becomes.
If you need more stability, separate your feet, so they are further apart. Now, take your right arm and lower down onto your left side with your left palm, and then on your right, back up into a full plank position. Alternate which arm you
lower yourself down with each time. Repeat for the desired number of reps or time. One more core exercise, but now one that works the obliques: Begin by lying on your right forearm propping yourself up. Lift your hips off the floor, keeping your
body straight and firm. Hold this position for the desired amount of time. Note: If your hips begin to sag, adjust them as necessary back up into the correct position. The Superman works your lower back, glutes, hamstrings, and upper back—strengthening the entire posterior chain to support posture, stability, and injury prevention. Lie facedown on
the floor with your arms extended in front of you and your legs straight behind you. Engage your glutes and core and lift your arms and legs off the ground simultaneously, squeezing your shoulder blades together. Hold this position for a second. Gently lower yourself back to the floor. Repeat for the desired number of reps or amount of time. Now
let's move to our upper bodies: In this version of a push up, we will keep our hands right next to our chest, and your feet hip-width apart. Push through your hands, extending your elbows as you raise
yourself up and keeping your body as straight as a board. Lower yourself back down in a controlled manner, bending your elbows until your body is barely above the ground. Repeat for the desired amount of reps. Note: To work up to this exercise, you may begin with performing push-ups against a wall, on your knees, or on a bench for extra help
The burpee works your chest, shoulders, arms, core, glutes, quads, and hamstrings—delivering a full-body strength and cardio challenge in one explosive move. Stand tall with your feet a bit wider than shoulder-width apart. Lower yourself down into a squat position. Place your hands on the floor in front of you. Jump your feet back to a plank position
with your back straight and hands under your shoulders. Do a push-up. Jump your feet back to their starting squat position and immediately jump straight into the air, arms extended overhead, landing softly. Repeat for the desired number of reps or amount of time. There you have it, a full body workout for runners with no equipment needed that
you can do in the comfort of your own home, the park, or a hotel room when traveling. Check out our strength training database for other great workouts to try: The Latest running tips, reviews, and stories. It's quick to read, free, and
loved by 239,167 runners and counting. By subscribing you agree to our Privacy Policy. Bodyweight workout for runners is an excellent way to improve your running performance, and flexibility without the need for equipment. As a runner, it's important for you to
focus on building strength and endurance to complement your running routine. A well-rounded fitness routine should include bodyweight training, which offers many benefits, including injury prevention, better running economy, improved running performance, and increased overall strength. And what's best is that bodyweight exercises are a great
way to build strength, flexibility, and endurance without the need for equipment or a gym membership. You can do it at home, in a park, or even in your office during your lunch break. As a certified personal trainer and running coach for over a decade, I definitely know a thing or two about bodyweight exercises for runners. In this article, I'll go over
the best bodyweight exercises and workout for runners, covering everything from warm-up to cool-down so that you can add it to your routine starting today! Why Consider Bodyweight training is important for runners. While running is an
excellent way to build cardio fitness and endurance, it doesn't necessarily target all the muscles you need for optimal running performance. Supplementing with bodyweight exercises can help improve your muscle strength, stability, and flexibility, which can reduce the risk of injury and help you become a better runner overall. Building Strength and
Endurance Bodyweight training can help increase your overall strength and endurance, which is important for runners. Running is a high-impact exercise that puts a lot of stress on your joints and muscles, and without proper strength training, you may be more prone to injury. Exercises like squats, lunges, and push-ups work your lower body.
increasing your leg strength, while planks and glute bridges help strengthen your core and stabilizing muscles. These exercises can help you maintain good form throughout your runs, reducing the risk of injury and improving your posture and efficiency. Plus, bodyweight training can also help you build muscular endurance, which is important for
long-distance running. By incorporating exercises like burpees, mountain climbers, and jumping jacks into your routine, you can improve your cardiovascular fitness and increase your ability to sustain high-intensity exercise for longer periods. Injury Prevention and Recovery Injuries are a common risk for runners. Luckily, bodyweight training can
help you prevent and recover from common injuries. Strengthening your glutes can help prevent knee pain, while lunges and squats can alleviate hip and post-workout stretching can promote muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles. What's best is a lot of stress on their joints and muscles is a lot of stress on their joints and muscles is a lot of stress on their joints and muscles is a lot of stress on their joints and muscles is a lot of stress on their joints and muscles is a lot of stress on their joints and muscles is a lot of stress on their joints and muscles is a lot of stress on their joints and muscles is a lot of stress on their joints and muscles is a lot of stress on their joints and muscles is a lot of stress on the lot of 
that bodyweight exercises can also help correct muscle imbalances, which can lead to injury. For example, if you have weak glutes, your body may compensate by overusing your hamstrings, which can lead to injury. For example, if you have weak glutes, your body may compensate by overusing your hamstrings, which can lead to injury.
reduce the risk of injury. Improved Running Performance By increasing your body's overall fitness level, bodyweight training can also improve your running performance. A strong and stable core can help you maintain better posture and balance, while strong legs can increase your power and speed. Plus, a well-rounded workout can help improve
your flexibility, which can lead to a more efficient running gait and reduce the risk of back pain and other common injuries. Bodyweight exercises can also help you develop better neuromuscular control, which is the ability of your brain to communicate with your muscles. By incorporating exercises like single-leg squats and jumping lunges into your
routine, you can improve your balance and coordination, which can translate to better running form and fewer injuries. Example 20 minute total body workout, it's important to warm up your body correctly to reduce the risk of injury and prepare your
muscles for the workout ahead. Here are a few warm-up exercises that you can include: Dynamic Stretching Dynamic stretching involves moving your body through stretches that mimic the movements you'll be making during the workout. Examples include walking lunges, high knees, and leg swings, which can help activate your lower body muscles
and increase blood flow to your muscles. It's important to perform dynamic stretching before any workout to get your muscles ready for the exercises ahead. Dynamic stretching can help improve your range of motion, flexibility, and overall performance during the workout. It can also help reduce the risk of injury by increasing blood flow to your muscles.
muscles and joints. Foam Rolling Foam rolling can help relieve muscle tension and improve flexibility during your warm-up. Use a foam roller to roll out your quads, hamstrings, and glutes, applying moderate pressure to any tight spots. It's an excellent way to loosen up any tight muscles before a workout. It can help increase blood flow to your
muscles, improve flexibility, and reduce the risk of injury. Activation Exercises Activation exercises can help switch on your muscles and prepare them for the upcoming workout. Examples include clams, leg lifts, and glute bridges, which can help activate your glutes and core. Activation exercises are important for preparing your muscles for the
workout ahead. They can help improve your muscle activation, increase your range of motion, and improve your overall performance during the workout. Activation exercises can also help reduce the risk of injury by preparing your muscles for the exercises you'll be doing. 6 Best Core Bodyweight Exercises for Runners Now that you're warmed up
let's dive into the core bodyweight exercises. We'll cover core bodyweight exercises for runners that you can start doing today: 1. Squats help improve your running form, but they also help prevent injuries. Remember to keep your chest up
and your knees over your toes, and squat as low as feels comfortable for you. If you're looking to increase the intensity of your squat, try adding weights or doing jump squats. 2. Lunges Lunges work your lower body muscles and improve your balance and stability. They also help strengthen your hips, which is important for runners. Make sure to keep
your chest up and step forward with a long stride, bending your front knee and lowering your fact knee towards the ground. If you're looking for a challenge, try adding weights or doing walking lunges. 3. Push-ups Push-ups Push-ups target your chest, triceps, and shoulders and can be done in various modifications to suit your fitness level. They also help
improve your posture, which is important for runners. Start in a plank position, with your hands and feet shoulder-width apart, lower your body until your chest touches the ground, then push back up. If you're looking for a challenge, try doing decline push-ups or diamond push-ups. Example: Outside body weight workout from Life in Leggings is a
great pre or post run option!! 4. Planks Planks target your core muscles and help improve your posture and stability. They also help prevent injuries by strengthening your lower back. Start in a push-up position, then lower down onto your forearms and hold your body in a straight line for 30 to 60 seconds. If you're looking for a challenge, try doing
side planks or plank jacks. 5. Glute Bridges Glute bridges target your glutes and core muscles, improving hip stability and reducing the risk of knee pain. They also help improve your running form by strengthening your glutes. Lay on your back with your knees bent, lift your hips off the ground, and squeeze your glutes at the top of the movement. If
you're looking for a challenge, try doing a single leg glute bridge or adding weights. 6. Mountain Climbers Mountain climbers work your entire body and help elevate your heart rate during your right knee into your chest,
then quickly switch legs, bringing your left knee in. Continue alternating for 30 to 60 seconds. If you're looking to take your bodyweight workout to the next
level, here are six advanced exercises to try: Pistol Squats Pistol squats are one-legged squat that targets your glutes, hips, and quads. Starting in a standing position, keeping your chest up and your knee over your ankle. To make pistol squats even more challenging, try holding
a weight in front of your chest or adding a jump at the top of the movement. Jumping Lunges are a plyometric variation of regular lunges that target your lower body and increase your heart rate. From a lunge position, jump into the air and switch your legs mid-air before landing in a lunge position again. If you're struggling to keep
your balance during jumping lunges, try slowing down the movement and focusing on your form. You can also try holding onto a sturdy object, such as a chair or wall, for support. Handstand push-ups focus on your form. You can also try holding onto a sturdy object, such as a chair or wall, for support. Handstand push-ups focus on your form. You can also try holding onto a sturdy object, such as a chair or wall, for support.
then slowly lower your body towards the ground, bend your elbows, then push back up. If you're new to handstand push-ups, start by practicing against a wall and gradually increasing the number of reps you can do. You can also try using a resistance band to assist with the movement. Side Plank with Leg Lift Side plank with leg lift targets your
obliques and glutes and improves your balance and stability. Start in a side plank position, then lift your top leg towards the ceiling while keeping your hips square. If you're finding this exercise too easy, try holding a weight in your top hand or adding a weight in your top hand or adding a weight in your top leg towards the ceiling while keeping your hips square. If you're finding this exercise too easy, try holding a weight in your top hand or adding a
hamstrings, and lower back muscles, improving hip stability and reducing the risk of injury. Lay on your back with one leg bent and the other extended out, lift your hips or adding a pulse at the top of the
movement. Burpees Burpees are a full-body exercise that increases your heart rate and targets your chest, abs, and legs. Starting in a standing position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position, lower down to the ground, then quickly jump your feet back into a push-up position into a push-up positi
adding a push-up or a tuck jump at the end of the movement. You can also try doing burpees for time, seeing how many you can do in a set amount of time. Example: On the road full body workout routine, there are a few important
components to consider. Create a Balanced Workout Aim to include exercises that target your entire body, including your lower and upper body, core, and stabilizing muscles. A balanced workout routine will help you avoid muscle imbalances and reduce the risk of injury. For your lower body, exercises like squats, lunges, and calf raises are great
options. For your upper body, push-ups, and dips are excellent choices. Planks, sit-ups, and leg raises are fantastic for your core, while exercises like bird dogs and bridges will help strengthen your stabilizing muscles. Try to include a mix of high-intensity exercises, strength-training exercises, and flexibility exercises. High-intensity exercises
like burpees and jumping jacks will get your heart rate up and burn calories, while strength-training exercises like push-ups and squats will help you build muscle. Flexibility exercises like yoga or stretching will help improve your range of motion and variation As you get stronger, it's important to increase the
intensity of your workout gradually. One way to do this is by increasing the number of reps, sets, or adding weight. Plus, incorporating different ways. For example, if you've been doing regular push-ups, try switching to diamond push-ups or one-arm push-ups. If
you've been doing regular squats, try adding in jump squats or pistol squats. Schedule Your Workouts Bodyweight workouts per week to see optimal health and fitness results. Remember to listen to your body and take
rest days as needed. Bodyweight exercises can be intense, so it's important to give your muscles time to recover. With these tips in mind, you can design a bodyweight workout for Runners - Complete Program If designing your
own bodyweight workout is confusing, don't worry, I've got you covered! Run To The Finish has a complete 8-week progressive bodyweight strength program for runners that includes video demonstrations to make sure you have a good form throughout and can increase the intensity of your workouts easily every single week. I'm LOVING the
feedback from runners who have already gone through it. "I start out thinking each workout will be too easy, but by the end I'm sweating and feeling so much stronger every week." It includes exercises for beginners and also more advanced ones for anyone who has more experience. Each week you'll have three bodyweight workout days and I've
included exactly what you need to do so that you don't have to think about it. This program is based on years of experience as a certified running performance every single week! Cool-Down: Promote Recovery and Flexibility after
Workout Completing a workout is a great accomplishment, but it's important to remember that the work doesn't stop there. After a workout, it's important to allow your body to cool down properly. A proper cool-down can help reduce muscle soreness, improve recovery time, and increase flexibility. Static Stretching One of the best ways to cool down
after a workout is through static stretching. Static stretching involves holding a stretch position for 20 to 30 seconds. This helps reduce muscles after your workout. This will help your muscles recover and prevent any potential injuries. Checkout
the best post run stretches for ideas! Foam Rolling Another great cool-down exercise is foam rolling. Foam Rolling Another great cool-down exercise is foam rolling after a workout can help prevent any muscle knots from forming
and promote better blood flow to your muscles. Breathing and relaxation techniques lt's also important to focus on breathing and relaxation techniques during your body and mind.
This can help reduce any tension you may be feeling and help you feel more relaxed and rejuvenated after your workout. Remember, a proper cool-down is just as important as the workout itself. By taking the time to cool down properly, you can help your body recover faster and prevent any potential injuries. So, next time you finish a workout, make
sure to take the time to cool down and promote recovery and flexibility. So, what are you waiting for? Start incorporating bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises into your running routine today or check out my 8-week progressive bodyweight exercises in the your running routine today or check out my 8-we
weight really enough to see results? Yes! In order to do most body weight moves you can't isolate a single area, instead you have to engage your entire body! You have more than enough intensity right away. Plus in these positions,
you'll be forced to engage your core for stability which is a key need of runners. What I mean is that discourage you. What I mean is that as you progress the workouts remain just as hard because you
learn new variations, do more reps or simply improve your form in ways that crank up the intensity. You control the hard. I.e. Checkout this OLD SCHOOL workout I shared during a group challenge in 2015!! If you can already do a bear crawl, try crawling forward kicking your leg out, coming back and then crawling backwards. It's whole different
level of core stability required. What defines a body weight workout? Any move that requires you to utilize strength to move your own body weight exercise is going to be great for runners. We
need more upper body strength to propel us up hills (yes your arms can get tired), we need more core stability to maintain good form, we need more training tips? Other ways to connect with Amanda Instagram Daily
Fun: RunToTheFinish Facebook Community Chatter: RunToTheFinish Sign Up to Receive a Weekly Newsletter with Top Running Tips Train > Workout Guides Build strength, stability, and injury resistance with this runner-specific bodyweight routine you can do anywhere—no gym required. As a running coach, I can tell you—whether you're training
for a 5K, marathon, or an ultra trail race, race success doesn't come just from logging miles; it comes from building a well-rounded foundation to smart training. In addition to smart training, recovery runs, and adequate rest,
runners need to prioritize other key areas: quality sleep, proper nutrition, hydration—and yes, consistent strength work. Now, I get it. Adding strength sessions into an already-packed training plan and busy life can feel like a lot. But here's the good news: you don't need to join a gym or invest in expensive gear. A simple, effective bodyweight workout
can be done right at home—and it can make a big difference in your performance and injury resistance. In this guide, I'll break down why strength training is essential for all runners are durable runners. Let's build that strength together. Why
 should you add strength training to your general training program? Because it provides a ton of benefits to make you a better runner and all-around healthy, strong athlete. More specifically, strength training can: Increase muscles strength and
Endurance Training on Running Performance and Running Performance and Running Economy in Recreational Marathon Runners. Journal of Strength and Conditioning Research, 24(10), 2770-2778. to allow you to run faster and longer. Fix imbalances and weaknesses in the body to help avoid overuse injuries Boost running performance. Berryman, N., Mujika, I., Arvisais, D.,
Roubeix, M., Binet, C., & Bosquet, L. (2018). Strength Training for Middle- and Long-Distance Performance: A Meta-Analysis. International Journal of Sports Physiology and Performance, 13(1), 57-64. Better running economyBalsalobre-Fernández, C., Santos-Concejero, J., & Grivas, G. V. (2016). Effects of Strength Training on Running Economy in
Highly Trained Runners. Journal of Strength and Conditioning Research, 30(8), 2361-2368. Improve posture, in turn improving running form Here are some general tips to help work this total bodyweight workout into your weekly routine: Add two non-consecutive strength training sessions into your weekly schedule. If running is your priority,
complete your running workout first and your strength training second. Ideally, leave at least 4-6 hours between these sessions, so if you run before work in the afternoon. Focus on good posture and form for each exercise to decrease the risk of pain or injury. Be consistent.
If you skip too many days, you'll feel sore after each workout, and you won't be able to adapt adequately. If you are not currently strength training, begin with 2 rounds of 8 reps of each of these exercises, and gradually build up to 3 rounds of 12-14 reps. So, are you ready to get your workout on? Bodyweight Workout For Runners: No Equipment
Needed The classic squat should be a staple in all strength workouts for runners. Here, we will look at a traditional bodyweight squat, but there are endless variations you can add to your workouts. If you want to spice it up, check out our 20 squat variations, here. Stand tall, core engaged, with your feet slightly wider than hip-width apart and your
toes pointed out slightly. Bring your hands together at the middle of your chest. Bring your hips back as if you were going to sit back in a chair and lower down to 90 degrees where your thighs are parallel to the floor. Be sure your back stays straight and your chest up at all times. Push through your heels back up to your starting position. Note:
Ensure that your knees do not collapse inward when you lower into your squat. You want to push your knees outward to avoid this. Another classic exercise for runners is lunges. This unilateral exercise for runners is lunges. This unilateral exercise for runners is lunges.
shoulders back, looking straight ahead. Take a big step back with your right foot, placing the ball of your foot on the floor behind you. As you take this step, bend both knees until they reach 90 degrees. Your right knee will be just above the ground, and your left thigh will parallel the floor. Push off your back foot and return to the starting position.
Alternate legs. Repeat for the desired number of reps. Note: Ensure you take a large enough step back that your front knee does not pass over your front kne
together, chest up, and shoulders back, looking straight ahead. Take a big step to your left, hinge forward at the hips, and sit back as you would sit back in a chair, bending your left knee into a lunge position. Push off your left knee into a lunge position. Push off your left knee into a lunge position.
exercise is much trickier than a traditional double-leg glute bride as it causes instability. This exercise will work your sides, and heels on the floor at hip-width apart. Lift your right leg and extend it straight parallel to your
right thigh. Engage your core and lift your hips off the ground, aligning with your left knee. Hold this position. Repeat for the desired amount of reps. Repeat on the other side. Now that we've warmed up our hamstrings, let's really give them
a workout with our walkout: Lie on the floor, facing up, arms by your side. Bend both knees bringing your feet close to your feet, until your legs are fully extended, bodyweight supported by your heels.
Pause in this extended position for a moment. Retake short steps, this time back toward your starting position. Repeat for the desired amount of reps or time. Moving on to the calves: Stand tall with your shoulders back and core engaged. Push up through the balls of your feet and raise your heels until you are on your tip-toes. Slowly lower yourself
back down. Repeat for the desired amount of reps or time. Note: To increase the difficulty of this exercise, you can perform it by balancing on a single leg or on the edge of a step to lower down below floor level. Onto our core: This exercise is a mix between a plank, and a push-up, creating a core/upper body workout, that will also raise your heart
rate. Lie face down on the floor, hands on either side next to your shoulders, palms facing down. Engaging your core, push yourself into the full plank position, body in a straight line, shoulder-width apart, with weight distributed between your arms and toes. The closer
together your feet are, the more difficult the plank becomes. If you need more stability, separate your feet, so they are further apart. Now, take your right arm and lower down onto your left side with your left palm, and then on your right,
back up into a full plank position. Alternate which arm you lower yourself down with each time. Repeat for the desired number of reps or time. One more core exercise, but now one that works the obliques: Begin by lying on your right forearm
propping yourself up. Lift your hips off the floor, keeping your body straight and firm. Hold this position for the desired amount of time. Note: If your hips begin to sag, adjust them as necessary back up into the correct position. The Superman works your lower back, glutes, hamstrings, and upper back—strengthening the entire posterior chain to
support posture, stability, and injury prevention. Lie facedown on the floor with your arms extended in front of you and your legs straight behind you. Engage your glutes and core and lift your arms extended in front of you arms extended in front of you arms extended in front of your shoulder blades together. Hold this position for a second. Gently lower yourself back to the floor.
Repeat for the desired number of reps or amount of time. Now let's move to our upper bodies: In this version of a push up, we will keep our hands right next to our chest, and our elbows will bend straight back instead of out to the sides. Lie on your stomach, palms on the ground lined up on either side of your chest, and your feet hip-width apart.
Push through your hands, extending your elbows as you raise yourself up and keeping your body as straight as a board. Lower yourself back down in a controlled manner, bending your elbows until your body as straight as a board. Lower yourself back down in a controlled manner, bending your body as straight as a board. Lower yourself back down in a controlled manner, bending your elbows until your body as straight as a board. Lower yourself back down in a controlled manner, bending your body as straight as a board. Lower yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as you raise yourself back down in a controlled manner, bending your elbows as your e
against a wall, on your knees, or on a bench for extra help. The burpee works your chest, shoulders, arms, core, glutes, quads, and hamstrings—delivering a full-body strength and cardio challenge in one explosive move. Stand tall with your feet a bit wider than shoulder-width apart. Lower yourself down into a squat position. Place your hands on the
floor in front of you. Jump your feet back to a plank position with your back straight and hands under your shoulders. Do a push-up. Jump your feet back to their starting squat position and immediately jump straight into the air, arms extended overhead, landing softly. Repeat for the desired number of reps or amount of time. There you have it, a full
body workout for runners with no equipment needed that you can do in the comfort of your own home, the park, or a hotel room when traveling. Check out our strength training database for other great workouts to try: The Latest Cross Training For Runners Guides Join the world's biggest running newsletter, and wake up every day to the latest
running tips, reviews, and stories. It's quick to read, free, and loved by 239,167 runners and counting. By subscribing you agree to our Privacy Policy. Whether preparing for a marathon, half-marathon, or obstacle course race, you can benefit from a strength-training regimen. Strengthening your muscles can translate into greater running efficiency
and prepare you to perform longer before fatiguing or cramping up. No heavy weights or gym membership is required; you can use our simple, at-home program structured around strength training for runners. These workouts are best done on days you are not running, or are doing a short, easy run. You can start today with one of our three safe,
effective strength-training programs (beginner, intermediate, and advanced). Start with a warm-up and complete the exercises in order, with a 30-second break between each set. Finish with full-body stretches. If you aren't sure which training program is right for you, it's best to start with an easier program and work your way up to a more
challenging one progressively. If you're new to strength training or it's been a while since you've lifted weights, this workout is best to start. The intermediate strength training program for runners amps up the number of sets and adds some variations to increase the workout intensity. Two sets of 15 squats Two sets of 15 lunges (on each side) Three
wall quad sits (holding for 40 seconds each) Three sets of 10 heel raises Front plank (holding for 45 seconds) Bicycle crunches (one 60-second set) 12 bird-dogs (holding for 45 seconds) Bicycle crunches (one 60-second set) 40 push-ups Three Superman abs (holding for 45 seconds)
With the advanced strength training program for runners, you can build endurance and lean muscle mass by increasing reps and hold times. Three sets of 10 heel raisesTwo sets of 10 toe raises Focus on form and engage the muscles from
the hips up to the neck to ensure your core is rock solid and your back is well-protected. Front plank (holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides, holding for 60 to 90 seconds) Side plank (both sides
five to 10 seconds) Verywell Fit uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Taipale RS, Mikkola J, Nummela A, et al. Strength training in endurance runners. Int J
Sports Med. 2010;31(7):468-76. doi:10.1055/s-0029-1243639
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