

























Weight Training Program for Runners



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1						
 Workout #1 Shoulders & Biceps Notes:	 45-60 minute run Notes:	 R or XT Notes:	 Workout #2 Chest & Triceps Notes:	 60 minute FARTLEK Notes:	 Workout #3 Legs & Back Notes:	 R or XT Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 2						
 Workout #4 Ass & Abs Notes:	 45-60 minute run Notes:	 R or XT Notes:	 Workout #1 Shoulders & Biceps Notes:	 60 minute Hills/Intervals Notes:	 Workout #2 Chest & Triceps Notes:	 R or XT Notes:















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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3						
 Workout #3 Legs & Back Notes:	 45-60 minute run Notes:	(R) or XT Notes:	 Workout #4 Ass & Abs Notes:	 60 minute FARTLEK Notes:	 Workout #1 Shoulders & Biceps Notes:	(R) or XT Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 4						
 Workout #2 Chest & Triceps Notes:	 45-60 minute run Notes:	(R) or XT Notes:	 Workout #3 Legs & Back Notes:	 60 minute Hills/Intervals Notes:	 Workout #4 Ass & Abs Notes:	(R) or XT Notes:











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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5						
 Workout #1 Shoulders & Biceps Notes:	 45-60 minute run Notes:	 R or XT Notes:	 Workout #2 Chest & Triceps Notes:	 60 minute FARTLEK Notes:	 Workout #3 Legs & Back Notes:	 R or XT Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 6						
 Workout #4 Ass & Abs Notes:	 45-60 minute run Notes:	 R or XT Notes:	 Workout #1 Shoulders & Biceps Notes:	 60 minute Hills/Intervals Notes:	 Workout #2 Chest & Triceps Notes:	 R or XT Notes:

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 7						
 Workout #3 Legs & Back Notes:	 45-60 minute run Notes:	(R) or XT Notes:	 Workout #4 Ass & Abs Notes:	 60 minute FARTLEK Notes:	 Workout #1 Shoulders & Biceps Notes:	(R) or XT Notes:
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 8						
 Workout #2 Chest & Triceps Notes:	 45-60 minute run Notes:	(R) or XT Notes:	 Workout #3 Legs & Back Notes:	 60 minute Hills/Intervals Notes:	 Workout #4 Ass & Abs Notes:	(R) or XT Notes: