



THE RUNNER STRENGTH BLUEPRINT

THE 3-DAY STRENGTH PLAN THAT HELPS RUNNERS
GET LEANER AND STAY INJURY-FREE

WWW.STOKES.FIT

Why Strength Training Matters for Runners

Most runners think strength training will make them bulky or slow them down.

In reality, strength training improves:

- running economy**
- injury resistance**
- muscle retention during fat loss**
- metabolic rate**

Runners who lift consistently tend to feel stronger and more efficient on the road.

Day 1

The 3-Day Strength Structure

Lower Body Strength

Goblet Squat
3 sets of 8–10 reps

Romanian Deadlift
3 sets of 8–10 reps

Step Ups
3 sets of 8 reps per leg

Core Plank
3 sets of 30–45 seconds



The 3-Day Strength Structure

Upper Body Strength

Dumbbell Bench Press
3 sets of 8–10 reps

Single Arm Row
3 sets of 8–10 reps

Pull-Ups or Lat Pulldown
3 sets of 6–8 reps

Side Plank
3 sets each side



Day 3

The 3-Day Strength Structure

Runners Stability

Split Squat
3 sets of 8 reps per leg

Hip Thrust
3 sets of 10 reps

Single Leg Romanian Deadlift
3 sets per leg

Farmer Carries
3 rounds of 30 seconds



Guidelines

Each session should take 45 - 60 minutes.

Focus on compound movements.

Increase weight when you can complete all reps with good form.

Progress slowly and consistently.



Weekly Schedule Example

Monday
Strength Day 1

Tuesday
Easy run

Wednesday
Strength Day 2

Thursday
Quality run

Friday
Strength Day 3

Saturday
Long run

Sunday
Recovery

If You Want Help Applying This

If you want help integrating strength training into your running plan without sacrificing performance, you can schedule a consultation here:

[Click Here](#)



Stoked Metabolic Coaching - The Runner Strength Blueprint