



STRENGTH & NUTRITION FOR RUNNERS

FREE GUIDE / THE FULL PLAN

THE BULLETPROOF RUNNER BLUEPRINT

Getting to race day healthy, strong, and fast.

The 3-part plan we build inside every Stoked Metabolic program. Strength, nutrition, and a race roadmap, with the exact steps to run each one.

STRENGTH · NUTRITION · RACE ROADMAP

The three missing links behind every runner who PRs. No gym experience needed.

— THE PREMISE

Every runner gets the same 3-part plan.

Not because it's cookie-cutter. Because these three things are always the missing links. When a runner keeps breaking down or stalls out at the same times and the same weight, it's almost never the miles.

It's one of these three pieces missing from the equation. This guide walks through all three and gives you the exact moves, numbers, and sequence to put each one to work this week.

Strength. Nutrition. A race roadmap.

Miss one and you stay stuck. Build all three and you get to the start line bulletproof.

THE PLAN

Three parts. One goal: race day, unbroken.



RACE-SPECIFIC STRENGTH

Strengthen the exact muscles that break down under mileage.



NUTRITION THAT DOES BOTH

Fuel your miles and move your body composition at once.



A RACE ROADMAP

Every training block built backwards from your race date.

Each part gets its own breakdown next: what it is, why it matters, and exactly what to do.

Strength training built specifically for runners.

This isn't random gym work. Every movement is chosen to strengthen the exact muscles that break down under high mileage: glutes, hips, posterior chain, and core. Get stronger where running wears you down and you get faster miles at the same effort, plus a body that's much harder to break.

WHAT WE TARGET AND WHY

Glutes & Hips · stop IT band and knee pain at the source

Posterior Chain · protect the Achilles, balance quad dominance

Core & Trunk · hold your form deep in the late miles

Single-Leg Strength · running is a one-legged sport, so we train it

Same effort, faster pace. That is the whole point of runner-specific strength.

PART 1 · THE MOVEMENTS

The lifts that carry over to your stride.

Start here. These movements give the most transfer to running. Two to three sets each, stopping a rep or two shy of failure so your legs stay fresh for the road.

LOWER BODY + POSTERIOR CHAIN

Romanian Deadlift	3 x 8-10
Reverse Lunge or Split Squat	3 x 8-10 ea
Hip Thrust or Glute Bridge	3 x 12
Eccentric Calf Raise (off a step)	3 x 12 ea

CUE Slow on the way down. The lowering is where resilience is built.

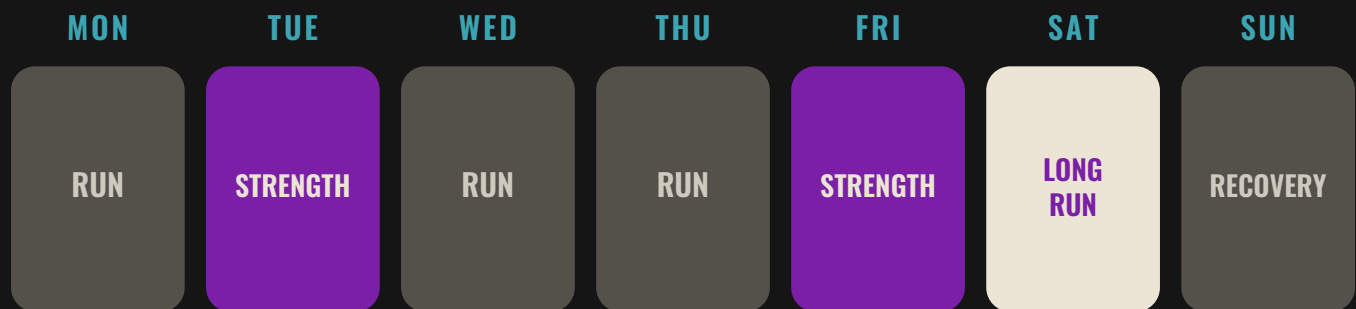
CORE + STABILITY

Banded Lateral Walk	3 x 15 ea
Single-Leg RDL (balance)	3 x 8 ea
Pallof Press (anti-rotation)	3 x 10 ea
Front Plank	3 x 40 sec

CUE Brace like you are about to get poked in the gut. Control the wobble.

PART 1 · THE STRUCTURE

2 to 3 sessions a week, placed with purpose.



Strength lands on a hard-run day or the day after, never the day before your long run. Your long run stays the anchor. Here is a simple two-day split:

SESSION A · LOWER + POSTERIOR

Romanian Deadlift	3 x 8-10
Reverse Lunge	3 x 8-10 ea
Hip Thrust	3 x 12
Eccentric Calf Raise	3 x 12 ea
Front Plank	3 x 40s

SESSION B · FULL BODY + CORE

Step-Up	3 x 10 ea
Single-Leg RDL	3 x 8 ea
Dumbbell Row	3 x 10 ea
Overhead Press	3 x 8-10
Palloy Press	3 x 10 ea

45 minutes each. Add a little every week: more reps first, then a bit more weight, then a harder version of the move.

Nutrition that fuels miles and your body composition.

Most runners get told to pick one: run well or lose weight. That's a false choice. We build a plan that points fuel and fat loss at the same finish line. Enough to power your long runs, structured so your body composition still moves in the direction you want.

The lever most runners get wrong is under-eating. Chronically low fuel tells your body to hold fat and slow down. We rebuild the engine first, then trim from a place of strength.

Perform well and change how you look.

At the same time, inside the same plan.

Build the day around three simple levers.

PROTEIN

0.8-1g / lb

Hold muscle, recover faster,
stay full

CARBS

Your fuel

Most around your hardest
runs

FATS

The balance

Fill the rest, support
hormones

Anchor every meal with protein and a fist of vegetables. Put your carbs where the work is: bigger on long-run and hard days, lighter on easy or off days. Fats fill the gap. Hit protein and you'll hold muscle while the fat comes off, and you'll recover faster between runs.

Fuel the run, not just the rest of the day.

1

PRE-RUN

Top off the tank before you head out.

2

DURING

Keep carbs coming on the long ones.

3

RECOVERY

Refuel and rebuild in the window after.

THE NUMBERS THAT MATTER

Pre-run · 30-60g carbs 1-2 hrs out, or a banana 30 min before

During · 30-60g carbs per hour on runs over 75 minutes

Recovery · 20-40g protein plus carbs within 30-45 minutes

Practice race fueling on long runs. Never try anything new on race day.

A race roadmap built backwards from race day.



Start

Your plan built from today



Build

Strength stacks while your mileage climbs



Peak

Sharpen and hold, ready for race week



Race Day

Fueled, strong, and ready to run

We start at your race date and work backwards. Every training block has a job, so the strength and fueling you do this week is exactly what moves you toward the line. Nothing random, nothing wasted.

What actually happens in every block.

1

START

Learn the lifts, lock in protein, and stop under-eating. Build the base habits everything else sits on.

2

BUILD

Add load as your mileage climbs. Carbs go up around long runs so the volume turns into fitness, not fatigue.

3

PEAK

Strength shifts to maintenance to stay fresh. Rehearse your exact race-day fueling on every long run.

4

RACE DAY

Taper the lifting, carb-load the 2-3 days before, prioritize sleep, and trust the work you banked.

— THE DIFFERENCE

This separates stuck from unstoppable.



Strength



Nutrition



Race roadmap

Runners who keep getting hurt and stuck are missing one or more of these three. Runners who PR every race they enter have all three, working together and pointed at the same date. That's the whole plan, and it's the whole reason it works.

— THE NEXT STEP

Want the full plan built around your race?

This is the exact 3-part plan we run with every athlete inside Stoked Metabolic, personalized to your race, your body, and your schedule. The fastest way to start is a quick call, no pressure and no obligation.

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It kept my muscles balanced and resilient through long miles, improved my efficiency, and protected me from the aches that come with higher mileage.

KAT F. · FINISHED HER FIRST MARATHON IN 3 MONTHS

READY TO GET BULLETPROOF?

BOOK A FREE DISCOVERY CALL

stokes.fit/book-a-call



Prefer to start on your own? Comment BLUEPRINT on the post and I'll send the full plan.

Thomas Stokes · NASM CPT, CES · Precision Nutrition · 1,000+ runners coached