

SarcoFlex

Athleticism / Physique: The Runner

Notes: This workout will focus on the prime movers and stability work for becoming a stronger runner or sprinter. Perform stretching exercises at the end of every workout. Additionally perform stretches on days off if required for more mobility.

Purpose

Muscular Strength & Size
Muscular Endurance
Stability
Mobility

Exercises	Muscle Groups	WEEK				Rest Time
		1 (set x reps)	2	3	4	
Barbell Squat	Quads, Glutes	2 x 10	3 x 10	3 x 8	4 x 6	30 - 60 Sec
Barbell Bench	Pecs, Triceps	2 x 8	2 x 8	3 x 8	3 x 8	30 - 60 Sec
Lat Pull-Down	Lats, Traps	2 x 8	2 x 10	3 x 10	3 x 8	30 - 60 Sec
Leg Curl	Hamstrings, Glutes	2 x 10	2 x 12	3 x 12	4 x 10	30 - 60 Sec
Dumbbell Step Ups	Glutes, Hamstrings	2 x 10	2 x 12	3 x 12	4 x 8	30 - 60 Sec
Standing Calf Raise	Calves	2 x 15	3 x 15	3 x 20	4 x 20	30 - 60 Sec
Side Plank	Obliques	2 x 30 Sec.	2 x 30 Sec.	3 x 45 Sec.	3 x 45 Sec.	30 - 60 Sec
Weighted Dead Bug	Abs	2 x 10	2 x 15	2 x 20	3 x 10	30 - 60 Sec
Frequency: 2-3 times per week						

Equipment Needed

Barbell
Flat Bench
Cable Machine
Leg Curl Machine
Box For Step Ups
Weights

Stretches

Exercises	Muscle Groups	WEEK				Rest Time
		1 (set x reps)	2	3	4	
Bar Hang	Back	1 x 30 sec	1 x 30 sec	1 x 30 sec	1 x 45 Sec.	x
Supine Flexion	Shoulders / Scapula	1 x 12	2 x 12	2 x 12	2 x 12	15-30 Sec.
Bench T Spine	Lats	1 x 45 sec	1 x 45 sec	1 x 45 sec	2 x 45 Sec.	15-30 Sec. (week 4)
Pause Squat (Holding Weight in front)	Ankles (Knee Over Toe Position)	1 x 45 sec	2 x 45 sec	2 x 45 sec	3 x 45 Sec.	30 Sec.
Couch Stretch	Hip Flexors	1 x 45 sec	1 x 45 sec	1 x 45 sec	2 x 45 Sec.	15-30 Sec. (week 4)
Seated Goodmorning	Back, Glutes, Hamstrings	1 x 12	1 x 12	2 x 12	2 x 12	30 Sec.
Butterfly	Hips, Back, Groin	1 x 30 Sec.	1 x 45 Sec.	1 x 45 Sec.	2 x 45 Sec.	15-30 Sec.