


# **INTRODUCTION TO 12REPS STRENGTH AND CONDITIONING PROGRAM FOR RUNNERS**

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Running is one of the most effective ways to boost your mental and physical well-being. It strengthens your cardiovascular health, builds endurance, and energises your mind through stress relief and focus-enhancing endorphins.

But running alone isn't enough. Without strength training, many runners face slower progress, higher injury risks, and limited mobility. That's why a tailored strength program is essential to maximise your potential and improve running mechanics.

At 12Reps, our trainers have designed a science-backed strength and conditioning program specifically for runners. Using single-leg exercises, core activation, and explosive movements, we help you tackle common challenges and unlock your peak performance.



### Here's what our programme can do for you:

- 1 Faster running times.
- 2 Reduced injury risk.
- 3 Greater confidence and smoother strides.
- 4 Improved anaerobic capacity.
- 5 Enhanced muscle-to-fat composition.

## Why Download the 12Reps App?

Your goal isn't just to train—it's to transform. With the 12Reps app, you'll get:

- » **Step-by-step guidance** through every phase of the program.
- » **Progress tracking** so you can see how much stronger you're getting.
- » **Video tutorials** to perfect your form and maximise your results.

# DISCLAIMER

The programs provided by 12Reps are for general fitness purposes only and may not be suitable for everyone. Always consult your doctor or a qualified healthcare professional before starting any new exercise program, especially if you are pregnant, have pre-existing medical conditions, or injuries. 12Reps is not responsible for any injuries or health issues that may result from participation in these programs.

## Key Notes

- 1 **Warm-Up:** Each session should begin with 5-10 minutes of dynamic stretching and mobility work (e.g., leg swings, arm circles, inchworms, world's greatest stretch, pigeon stretch, four figure stretch).
- 2 **Progression:** Increase weights or reps every 1-2 weeks as strength improves.
- 3 **Cool-Down:** Spend 5-10 minutes stretching and foam rolling after each workout.

## General Structure

- » **Monday:** Lower Body Focus (Single-Leg Stability and Power)
- » **Wednesday:** Upper Body and Core (Single-Arm and Rotational Strength)
- » **Friday/Saturday:** Full-Body Functional Strength (Combination of movements, balance, and plyometrics)

## Progression Plan

- » **Weeks 1-4:** Build foundational strength and form.
- » **Weeks 5-8:** Increase load and intensity with moderate volume.
- » **Weeks 9-12:** Focus on power, explosive movements, and reducing rest for stamina.

## WEEKS 1-4: FOUNDATION PHASE



### Monday: Lower Body Focus

- 1 **Single-Leg Deadlift (Dumbbell or kettlebell):** 3 sets x 8-10 reps per leg
- 2 **Step-Ups with Knee Drive (Weighted/Unweighted):** 3 sets x 10 reps per leg
- 3 **Bulgarian Split Squat:** (weighted) 3 sets x 8-10 reps per leg
- 4 **Calf Raises on Single Leg:** 4 sets x 12-15 reps
- 5 **Glute bridge Single leg:** 3 sets x 12 reps
- 6 **Reverse lunges:** 3 sets x 10reps

## Wednesday: Upper Body and Core

- 1 **Single-Arm Dumbbell Row:** 3 sets x 10 reps per arm
- 2 **Single-Arm Overhead Press (Dumbbell):** 3 sets x 8-10 reps per arm
- 3 **Push-Up with Shoulder Tap (knee push up):** 3 sets x 10 reps
- 4 **Plank with Single-Arm Reach:** 3 sets x 10 reps per arm
- 5 **Medicine ball Russian Twists:** 3 sets x 20 reps (10 each side)
- 6 **kettlebell gorilla row** 3 sets x 10 reps (5 each side)

## Friday/Saturday: Full-Body Functional Strength

- 1 **Kettlebell Deadlift (Single-Arm):** 4 sets x 8 reps per arm
- 2 **Sled push:** 3 sets x 30-meter length
- 3 **Step ups with knee drive:** 3 sets x 10 reps
- 4 **kettlebell or dumbbell Single-Arm Farmer's Carry:** 3 sets of 30 meters per arm
- 5 **Battle rope** 3sets x 30 seconds
- 6 **Dumbbell snatch** 3 sets x 10 reps – 5 per arm





## WEEKS 5-8: STRENGTH PHASE

Increase weights and rest periods slightly while maintaining good form.

### Monday: Lower Body Focus

- 1 **Single-Leg Deadlift with Dumbbell:** 4 sets x 6-8 reps per leg
- 2 **Weighted Step-Ups with Pause:** 4 sets x 8 reps per leg
- 3 **Bulgarian Split Squat (Dumbbells):** 4 sets x 6-8 reps per leg
- 4 **Single-Leg Glute Bridge with Hold:** 3 sets x 10 reps
- 5 **Seated Calf Raise:** 4 sets x 12 reps

### Wednesday: Upper Body and Core

- 1 **Single-Arm Dumbbell Bench Press:** 4 sets x 6-8 reps per arm
- 2 **Single-Arm Landmine Press:** 4 sets x 8 reps per arm
- 3 **Renegade Rows (dumbbell):** 4 sets x 8 reps per arm
- 4 **Hanging Leg Raises:** 4 sets x 10 reps
- 5 **Bird Dog with Pause:** 4 sets x 10 reps per side

## Friday/Saturday: Full-Body Functional Strength

- ① **Kettlebell Swing (Single-Arm):** 3 sets x 10 reps per arm
- ② **Curtsy Lunge to High Knee:** 3 sets x 10 reps per leg
- ③ **Broad Jumps:** 3 sets x 10 reps
- ④ **Turkish Get-Up (Progress with Weight):** 3 sets x 3 reps per side
- ⑤ **Side Plank with Row (Cable or Band):** 3 sets x 10 reps per side



## WEEKS 9-12: POWER AND PERFORMANCE PHASE



### Monday: Lower Body Power and Stability

- 1 **Single-Leg Jump to Box:** 3 sets x 6 reps per leg
- 2 **Bulgarian Split Squat with Hop:** 3 sets x 8 reps per leg
- 3 **Weighted Step-Up with Explosive Drive:** 3 sets x 8 reps per leg
- 4 **Eccentric Single-Leg Romanian Deadlift:** 3 sets x 6-8 reps per leg
- 5 **Isometric Wall Sit with Calf Raise:** 3 sets x 15-20 reps

### Wednesday: Upper Body Strength and Core Stability

- 1 **Single-Arm Dumbbell Push Press:** 3 sets x 6 reps per arm
- 2 **Dumbbell Renegade Row:** 3 sets x 10 reps (5 per side)
- 3 **Single-Arm Chest Press with Stability Ball:** 3 sets x 8 reps per arm
- 4 **Plank with shoulder taps:** 3 sets x 20 reps
- 5 **Russian Twists with Medicine Ball:** 3 sets x 20 reps (10 per side)



## Friday/Saturday: Full-Body Power and Function

- 1 **Kettlebell Clean to Overhead Press (Single-Arm):** 3 sets x 6 reps per arm
- 2 **Bound to Balance (Skater Jumps):** 3 sets x 10 reps (5 per side)
- 3 **Broad Jump to Backpedal:** 3 sets x 8 reps
- 4 **Turkish Get-Up (Weighted) or weighted sit ups:** 3 sets x 3 reps per side
- 5 **Single-Arm Farmer's Carry with Overhead Hold:** 3 sets x 20 meters per arm

## TAKE YOUR RUNNING TO THE NEXT LEVEL

The aim of our program is simple: to help you organise you're training effectively, maximise your results, improve running performance, and prevent injuries.

Don't forget to download the 12Reps app for a 7-day free trial! Explore our extensive content library packed with tools to enhance your training techniques, optimise your planning, and track your progress seamlessly.

Start your journey to smarter, stronger, and safer running today!

