



6

**Week
Running
Program**



NO LIMITS
FITNESS

6 WEEK RUNNING PROGRAM

PURPOSE

We have created this program to take your running to the next level.

The most elite runners are not only running, but strength training as well.

This program consists of 2 full body strength days.

Double check the reps each week because you will notice they start to increase as you progress.

This program will increase your stamina as a runner, increase your power and speed at which you run, AND help you become less at risk of an injury so you can stay doing what you enjoy, running!



6 WEEK RUNNING PROGRAM

EQUIPMENT NEEDED

---→ **T R X**

---→ **D u m b b e l l s**

---→ **K e t t l e b e l l**
t

---→ **M e d i c i n e B a l l**

---→ **R e s i s t a n c e B a n d**



6 WEEK RUNNING PROGRAM

WEEK 1 DAY 1

Perform one set of each exercise in a block before you start the second set of each exercise in the block

Dumbbell Bench Press 3x8

Goblet Squat 3x8

Squat Jumps 3x8

Romanian Deadlift 3x8

Calf Raises 3x8

Dumbbell Skull Crushers 2x8

Plank 2x30 Seconds



6 WEEK RUNNING PROGRAM

WEEK 1 DAY 2

Dumbbell 3 Point Row 3x8
(8 Reps per arm)

Reverse Lunge 3x8 (per leg)

Med Ball Slam 3x8

Lateral Band Walks 3x8

TRX Hip Press 3x8

Dumbbell Bicep Curls 2x8

Med Ball Knee Strikes 2x8



6 WEEK RUNNING PROGRAM

WEEK 2 DAY 1

Dumbbell Bench Press 3x8
Goblet Squat 3x8
Squat Jumps 3x8

Romanian Deadlift 3x8
Calf Raises 3x8

Dumbbell Skull Crushers 2x8
Plank 2x45 Seconds



6 WEEK RUNNING PROGRAM

WEEK 2 DAY 2

Dumbbell 3 Point Row 3x8(per arm)

Reverse Lunge 3x8(per leg)

Med Ball Slam 3x8

Lateral Band Walks 3x8

TRX Hip Press 3x8

Dumbbell Bicep Curls 2x8

Med Ball Knee Strikes 2x8



6 WEEK RUNNING PROGRAM

WEEK 3 DAY 1

Dumbbell Bench Press 3x10
Goblet Squat 3x10
Squat Jumps 3x10

Romanian Deadlift 3x10
Calf Raises 3x25

Dumbbell Skull Crushers 2x10
Plank 2x60 Seconds



6 WEEK RUNNING PROGRAM

WEEK 3 DAY 2

**Dumbbell 3 Point Row
3x10(per arm)**

**Reverse Lunge 3x10(per leg)
Med Ball Slam 3x10**

**Lateral Band Walks 3x10
TRX Hip Press 3x12**

**Dumbbell Bicep Curls 2x10
Med Ball Knee Strikes 2x10**



6 WEEK RUNNING PROGRAM

WEEK 4 DAY 1

Dumbbell Bench Press 3x10

Goblet Squat 3x10

Med Ball Ground to Shoulder
3x10

Romanian Deadlift 3x10

Single Leg Calf Raise 3x10 (per leg)

Tricep Kickbacks 2x10

Weighted Sit Ups
(MB/DB) 2x10



6 WEEK RUNNING PROGRAM

WEEK 4 DAY 2

Bent Over Dumbbell Row 3x10
Dumbbell Curtsy Lunge
3x10 (per leg)
In and Out Squat Jumps 3x10

Banded Glute Bridge 3x10
TRX Hamstring Curls 3x10

Dumbbell Hammer Curls 2x10
Alternating Jack Knives
2x10 (per leg)



6 WEEK RUNNING PROGRAM

WEEK 5 DAY 1

Dumbbell Bench Press 3x12
Goblet Squat 3x12
Med Ball Ground to Shoulder 3x12

Romanian Deadlift 3x12
Single Leg Calf Raise 3x12(per leg)

Tricep Kickbacks 2x12
Weighted Sit Ups (MB/DB) 2x12



6 WEEK RUNNING PROGRAM

WEEK 5 DAY 2

Bent Over Dumbbell Row 3x12
Walking Lunges 3x12(per leg)
In and Out Squat Jumps 3x12

Single Leg Glute Bridge
3x12(per leg)
TRX Hamstring Curls 3x12

Dumbbell Hammer Curls 2x12
Alternating Jack Knives
2x12(per leg)



6 WEEK RUNNING PROGRAM

WEEK 6 DAY 1

Dumbbell Bench Press 3x12
Goblet Squat 3x12
Med Ball Ground to Shoulder 3x12

Romanian Deadlift 3x12
Single Leg Calf Raise 3x12
(per leg)

Tricep Kickbacks 2x12
Weighted Sit Ups
(MB/DB) 2x12



6 WEEK RUNNING PROGRAM

WEEK 6 DAY 2

Bent Over Dumbbell Row 3x12
Walking Lunges 3x12(per leg)
In and Out Squat Jumps 3x12

Single Leg Glute Bridge
3x12(per leg)
TRX Hamstring Curls 3x12

Dumbbell Hammer Curls 2x12
Alternating Jack Knives
2x12(per leg)



6 WEEK RUNNING PROGRAM

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