

ROMANIAN DEADLIFT

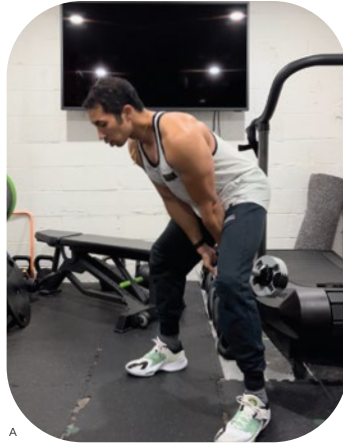


This classic exercise challenges you to get into hip extension, a key position that powers you forward on each stride. Start standing, then push your butt back and slowly lower the dumbbells, keeping them close to your shins as you do.

Pause when your torso is at a 45-degree angle with the ground. Then stand and squeeze your glutes.

**Do 3 sets of 8-10 reps.**

DUMBBELL SWING

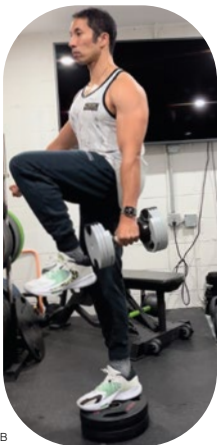
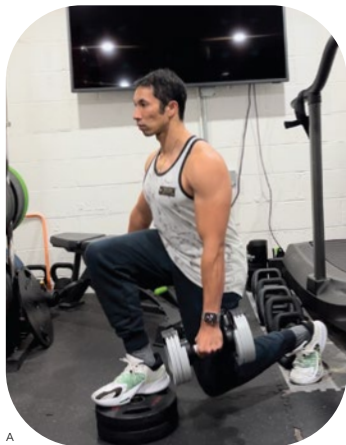


Your glutes are your runner's engine, helping you push the ground away and stabilizing your hips. Train them to be explosive with the dumbbell swing.

Set the dumbbell in front of you, hike it between your legs, then focus on standing and squeezing your glutes. The dumbbell will be propelled in front of you.

**Do 2-3 sets of 8-10 reps.**

DEFICIT REVERSE LUNGE TO KNEE DRIVE

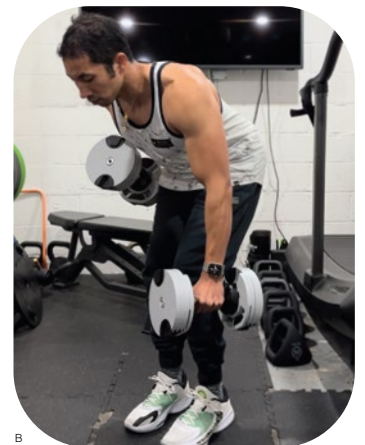


A good running stride delivers power and propulsion as you drive your knee in front of your body. So stand on a pair of plates (or a tiny box or step), then step back into a reverse lunge.

Stand up, and as you do so, drive your back knee forward. Pause, then do another reverse lunge.

**Do 2 sets of 10 to 12 reps per side.**

HALF-ISO BENT-OVER ROW



Yes, your upper body plays a key role in your stride too! You need core strength to keep your torso stable, while strong back muscle will help you maintain a consistent arm swing with each stride.

Set up in bent-over row position, torso at a 45-degree angle with the ground, abs tight, then row both dumbbells upwards. Maintain this position as you lower the right dumbbell, then row it up. Repeat on the other side.

**Do 3 sets of 8 to 10 reps.**