

Runners Strength Training Leg Workout

Exercise	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
Bulgarian Split Squat 					
Arabesque 					
In Line Split Lunge 					
Wall Sprinter 					
Floor Up 					
Elevated Floor Up 					
Floor Sprinter 					
Goblet Squat 					
D1/D2 Glute Press 					