



RL

PERFORMANCE
STRENGTH & CONDITIONING

FUNDAMENTALS

**4 WEEK
STRENGTH AND CONDITIONING
PROGRAMME**



[@RL_PERFORMANCE_SANDC](#)



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DISCLAIMER

Before commencing with this plan, please ensure you consult a doctor if you have any pre-existing medical conditions which may be affected by participating in any form of physical activity.

If you experience any medical conditions during exercise, ensure you seek medical advice and do not attempt to continue in the activity.

By participating in this plan, you knowingly and voluntarily accept all risks associated with physical exercise and resistance training.

RL Performance (Rhys Lincoln) accepts no liability for any injury, loss or damage as a result of the exercises prescribed in this programme. Ensure you exercise in a controlled and safe environment and that you have supervision available as well as an appropriate warm up before each workout.

WHY INCLUDE S&C IN MY TRAINING?

Including regular strength and conditioning within your training has many benefits. According to current literature, reported benefits are:

- Running Economy
- Increased Race Pace
- Improved Resistance to Fatigue

WHAT EXERCISES ARE IMPORTANT FOR RUNNERS?

The phrase “running specific” tends to get thrown around when it comes to strength and conditioning for runners.

However, “running specific” can sometimes suggest every exercise in their plan has to mimic running which can lead to individuals not getting the best out of the training.

If you are new to resistance training, you will benefit much more by including fundamental compound exercises that utilize multiple muscle groups. It is vital that you can perform these movements competently before moving onto more complicated movements. Such fundamental patterns will include:

- Squat
- Deadlift
- Lunge
- Push Variations (e.g. Bench Press, Press Up)
- Pull Variations (e.g. Rows, Pull Ups)
- Carry
- Trunk Bracing Exercises

These exercises will allow you to build a more robust and resilient body by building strength and integrity of the major muscle groups, tendons and ligaments as well as improving key physical determinants of running performance.

THE TRAINING PROGRAMME

This four week plan, follows a linear progression that takes you from high volume, low intensity work in the first week and progressing to lower volumes of work but at a high intensity. The reduction in reps each week will allow you to progressively increase the weight you are able to lift for the prescribed sets and reps.

The aim of this plan is to introduce the key fundamental movements that will increase your strength and force production capabilities.

Table 1. Fundamental Strength and Conditioning Four Week Plan

WEEK 1			WEEK 2			WEEK 3			WEEK 4		
Order	Exercise	Sets x Reps	Order	Exercise	Sets x Reps	Order	Exercise	Sets x Reps	Order	Exercise	Sets x Reps
1	Goblet Squat	3 x 12	1	Goblet Squat	3 x 10	1	Goblet Squat	3 x 8	1	Squat	3 x 6
2A	Push Up	3 x 12	2A	Push Up	3 x 12	2A	Push Up	3 x 12	2A	Push Up	3 x 12
2B	Barbell Row	3 x 12	2B	Barbell Row	3 x 10	2B	Barbell Row	3 x 8	2B	Barbell Row	3 x 6
2C	Aleknas	3 x 10	2C	Aleknas	3 x 12	2C	Aleknas	3 x 12	2C	Weighted Aleknas	3 x 12
3A	Split Squat	3 x 12es	3A	Split Squat	3 x 10es	3A	Split Squat	3 x 8es	3A	Split Squat	3 x 6es
3B	Romanian Deadlift	3 x 12	3B	Romanian Deadlift	3 x 10	3B	Romanian Deadlift	3 x 8	3B	Romanian Deadlift	3 x 6
3C	Side Plank	3 x 45s	3C	Side Plank	3 x 60s	3C	Side Plank	3 x 60s	3C	Side Plank	3 x 60s

WHAT DOES '2A, 2B, 2C' MEAN?

The numbers on the left of the exercise represent the order in which to complete each exercise.

For example, 'Squat' is number 1. So you will complete 3 sets of 12 Squats in Week 1 before moving onto the next exercise(s) (2).

As you can see, when you get to '2A', '2B' & '2C'. This means you will complete these as a circuit or 'superset'. For example, after you have complete 12 reps of Push Ups, you move straight to the Barbell Rows and then to the Aleknas with minimal rest between exercises. When you have complete the Aleknas (2C), rest for 60 – 120s then go back to 2A (Push Ups).

HOW MUCH SHOULD I BE LIFTING?

The best way to gauge what weights you should be using for each exercise is by using a 'Rating of Perceived Exertion' or 'Repetitions in Reserve'.

Rating of perceived exertion (RPE) and repetitions in reserve (RIR) are scales that can be used to gauge the intensity of a set based on how many repetitions you are away from failure with a particular load during each set.

Table 2. Rating of Perceived Exertion scale based on Repetitions In Reserve

Rating of Perceived Exertion (RPE)	Repetitions in Range (RIR)
10	Could not do more reps or load
9.5	Could not do more reps, could do slightly more load
9	Could do 1 more repetition
8.5	Could definitely do 1 more repetition, maybe 2
8	Could do 2 more repetitions
7.5	Could definitely do 2 more repetitions, maybe 3
7	Could do 3 more repetitions
5-6	Could do 4 to 6 more repetitions
1-4	Very light to light effort

As a starting point, increase the intensity as the weeks progress and choose a load that you reach the following perceived intensities:

- Week 1: RPE 6/ RIR 4
- Week 2: RPE 7/ RIR 3
- Week 3: RPE 8/ RIR 2
- WEEK 4: RPE 8-9/ RIR 1-2

Only use this as a guide, you may want to reduce the weekly intensities depending on your levels of experience and confidence.

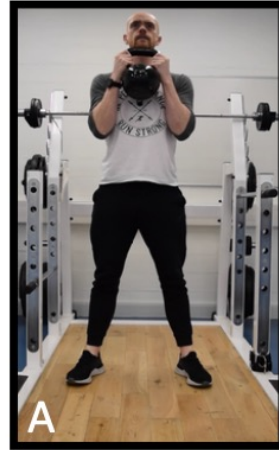
After a period of building up intensity through several weeks it is vital to give yourself a week to deload and recover from the more intense weeks. Having a lighter week reduces the risk of overtraining which can show symptoms such as; decreased performance, increased perceived efforts during workouts, excessive fatigue and a significant increased risk of injury.

THE TRAINING PROGRAMME

Exercise 1

GOBLET SQUAT

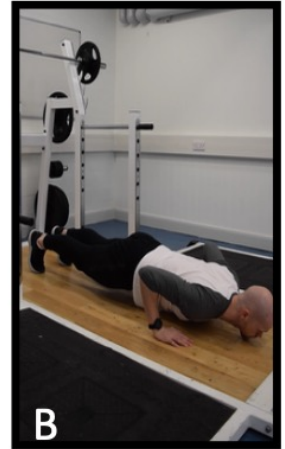
- Hold dumbbell at chest height, with elbows tucked in and chest high.
- Feet shoulder width apart, toes pointing slightly out.
- Break at hips and knees simultaneously and descend until thighs reach at least parallel to the ground.
- Push feet through the floor, ensuring your knees do not cave inwards through the ascent.
- Keep a neutral spine throughout and keep chest up.



Exercise 2A

PUSH UP

- Start with chest on the floor and hands just off the ground (thumbs level with centre of chest).
- Push the hands into the ground, extending the elbows and keeping the body in a straight line throughout the movement.
- Return to the start position and repeat.
- Avoid letting the elbows flare out. Try to keep them at a 45 degree angle from the torso.



Exercise 2B

BARBELL ROW

- Grip barbell with hands shoulder width apart
- Bend at the hip so the torso is near parallel to the ground
- Retract shoulder blades and pull weight towards the middle of the torso, leading with the elbows.
- Extend arms back to start position.
- Maintain a braced trunk and a neutral spine throughout.



THE TRAINING PROGRAMME

Exercise 2C

ALEKNAS

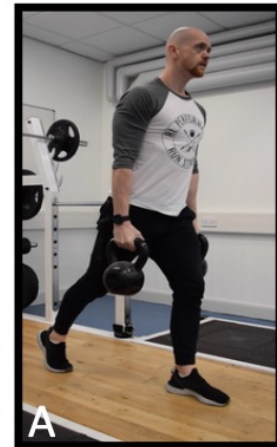
- Lie on the floor with hips and knees at 90 degrees – feet and arms in the air.
- Extend both arms and legs out until you are in a near straight line from toes to fingers.
- Then bring arms and legs back in to start position and repeat.
- Maintain contact between the floor and the lower back – avoid arching the lower back.



Exercise 3A

SPLIT SQUAT

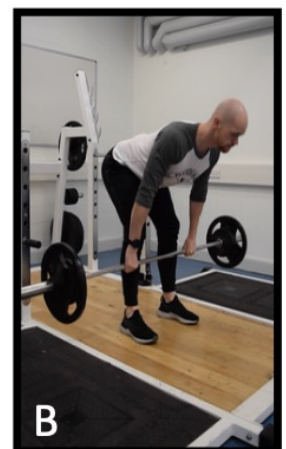
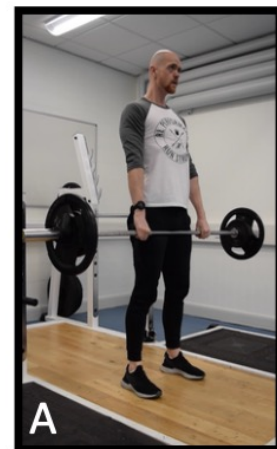
- From a standing position, take a long step forwards as if performing a lunge.
- The heel of your back foot should be raised.
- Lower yourself until your back knee almost touches the floor, then push back up.
- Complete all your reps on one leg, then switch to the other.
- Keep your knees in line with your toes, especially on the front leg.



Exercise 3B

ROMANIAN DEADLIFT

- Grip bar shoulder width apart with feet between hip and shoulder width.
- Keep the knees soft and bend at the hips, pushing your bum back, keep bar close to your body.
- Pull shoulder blades back, chest up and keep a neutral spine.
- Lower the bar only as far as your hamstrings will allow (it doesn't have to touch the floor!).
- Pull the bar back up by pushing heels into the ground and contracting the glutes.



THE TRAINING PROGRAMME

SIDE PLANK

- Lie on your side, with legs extended and on top of one another.
- The elbow of your arm is directly under your shoulder.
- Head directly in line with your spine.
- Lift your hips and knees from the floor and hold. Your torso is straight in line with no sagging or bending.



FAQs

WHERE SHOULD I FIT S&C IN WITH MY RUNNING?

With this question, you will always get the same answer – it depends!

First and foremost, running comes first. Running is what is going to build your aerobic capacity to make sure you can get around the course and finish. Your main focus should be ensuring that you are fresh for your more intense sessions. Strength and Conditioning sessions will supplement the running and give you that advantage with the benefits mentioned in the beginning of the guide.

Therefore, you should give yourself 24 – 48 hours recovery between S&C sessions and your tempo/threshold and HIIT sessions as Delayed Onset of Muscle Soreness (DOMS) may affect the quality of your intense running sessions.

If you find that you need to do both on the same day, remember, running comes first so complete your running session first when you are fresh followed by the S&C session.

HOW MUCH REST SHOULD I HAVE BETWEEN SETS?

As a guide you should be resting between 60—120 seconds between sets. You may feel that you need longer than 120 seconds so judge it for yourself, everyone is different! The more intense the session is, the longer you will need to recover to complete the next set efficiently.

HOW LONG WILL THE SESSIONS TAKE?

The reason I have included the supersets in the plan is to minimize the time you are in the gym for.

The session that has been designed should take 30-45 minutes depending on rest periods.

WHATS THE NEXT STEP?

Now you have finished the 4 week plan, you have a couple of options:

DO IT AGAIN!

If you feel your technique isn't quite up to scratch just yet, repeat the programme and develop your competency in each movement. Film yourself from the side and the front and look out for any errors that you can work on.

If you are completely new to any S&C in your plan, you may want to continue with the plan to focus on further increasing your strength before moving onto anything more specific to your sport.

RL PERFORMANCE 12 WEEK S&C PLAN

If you enjoyed the plan and want to continue with your S&C, the RL Performance Beginner 12 Week S&C Programme is available to purchase. This periodized plan will introduce you plyometric exercises, more specific running exercises whilst also continuing to develop the compound exercises you have seen in the Fundamental 4 Week Plan:

WWW.RLPERFORMANCE.NET/PRODUCT-PAGE/BEGINNERS-12-WEEKS-S-C-PLAN

ONLINE COACHING

If you feel you would like more bespoke plans to tailor to your needs, whether that may be specific goals, consideration for injuries and your racing schedule then online coaching may be what you are looking for.

Your plans will be made available on TrueCoach (IOS & Android) and you have direct contact with your own S&C coach at RL Performance who have experience working with endurance athletes.

WWW.RLPERFORMANCE.NET/ONLINECOACHING