

# kettlebell workouts for runners

The Art of Kettlebell Workouts for Runners: Enhancing Performance and Preventing Injury

**kettlebell workouts for runners** offer a powerful and efficient way to enhance strength, power, and endurance, crucial elements for any dedicated runner. Integrating kettlebells into your training regimen can significantly improve your running economy, reduce the risk of common running-related injuries, and build a more resilient and dynamic physique. This comprehensive guide explores the fundamental principles, key exercises, and strategic implementation of kettlebell training specifically tailored for runners. From building core strength and improving hip mobility to developing explosive leg power, discover how kettlebells can transform your running performance. We'll delve into how these versatile tools address the unique demands placed on a runner's body, providing a solid foundation for consistent progress and peak physical condition.

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## Why Kettlebell Workouts for Runners?

Running is a fundamentally unilateral activity, meaning one leg is almost always in motion while the other supports the body. This creates inherent imbalances and stresses that, without proper conditioning, can lead to injury. Kettlebell workouts for runners are uniquely suited to address these challenges because many of the exercises engage multiple muscle groups simultaneously, mimicking the coordinated movements required in running. The dynamic nature of kettlebell training also promotes functional strength, which translates directly to improved running form and efficiency.

The ballistic nature of many kettlebell movements, like the swing, develops

explosive power in the posterior chain—the glutes, hamstrings, and lower back. This power is essential for generating propulsion during each stride. Furthermore, kettlebells, due to their off-center mass, challenge stability and proprioception in ways that traditional weightlifting often does not. This enhanced core engagement and balance are paramount for maintaining good posture and form, especially over long distances or on uneven terrain.

## **The Benefits of Kettlebell Training for Runners**

The advantages of incorporating kettlebell workouts for runners are multifaceted and directly impact performance and longevity in the sport. One of the primary benefits is the significant improvement in posterior chain strength. Runners often rely heavily on their hamstrings and glutes, and kettlebell exercises like the swing and deadlift are exceptional for developing these muscle groups.

Another critical advantage is the enhancement of core strength and stability. A strong core acts as a central power hub for runners, allowing for efficient transfer of force from the lower body to the upper body, improving posture, and reducing the likelihood of lower back pain. Kettlebells demand constant core engagement to control the weight, making them an ideal tool for building this vital strength.

Kettlebell training also excels at improving hip mobility and flexibility. Many kettlebell movements, such as the goblet squat and single-leg deadlift, require a deep range of motion in the hips, helping to counteract the stiffness that can develop from prolonged sitting or repetitive running.

- **Increased Explosive Power:** Kettlebell swings and snatches develop the fast-twitch muscle fibers needed for powerful strides.
- **Enhanced Core Strength and Stability:** Essential for maintaining form and preventing fatigue.
- **Improved Hip Mobility and Flexibility:** Crucial for efficient gait and injury prevention.
- **Greater Muscular Endurance:** Kettlebell circuits can build stamina in the muscles used for running.
- **Better Balance and Proprioception:** The off-center weight of kettlebells challenges the body's stability systems.
- **Injury Prevention:** Strengthening supporting muscles and improving biomechanics reduces strain on joints and soft tissues.

# Essential Kettlebell Exercises for Runners

Several foundational kettlebell exercises are particularly beneficial for runners, targeting key muscle groups and movement patterns essential for the sport. These movements build strength, power, and stability without necessarily adding bulk, which is important for maintaining a runner's lean physique.

## Kettlebell Swing

The kettlebell swing is arguably the most iconic kettlebell exercise and a cornerstone for runner conditioning. It's a powerful hip-hinge movement that primarily targets the glutes, hamstrings, and lower back, while also engaging the core and shoulders for stability. The explosive hip extension is directly transferable to the propulsive force in running. Proper form is crucial to avoid injury; the movement should originate from the hips, not the arms.

## Goblet Squat

The goblet squat is an excellent compound exercise that strengthens the quadriceps, glutes, and core, while also promoting hip and ankle mobility. Holding the kettlebell in front of the chest encourages an upright torso, allowing for a deeper and more functional squat pattern. This exercise mimics the squatting action used in running and helps build leg strength and endurance.

## Kettlebell Deadlift

The kettlebell deadlift is a fundamental strength builder that targets the entire posterior chain—glutes, hamstrings, and the muscles of the back. It teaches proper hinge mechanics, which are crucial for efficient running and preventing lower back strain. It's a foundational exercise for building overall strength and power.

## Kettlebell Clean

The kettlebell clean is a more complex movement that brings the kettlebell from the floor to a racked position at shoulder height. It develops explosive power in the hips and legs, and also strengthens the upper back, shoulders, and core. This exercise improves the ability to generate force rapidly, which is beneficial for quick bursts of speed or uphill running.

## Kettlebell Press

While running is primarily a lower-body activity, upper body strength and stability contribute to maintaining posture and efficient arm drive. The kettlebell press, whether done one-arm or two-arm, strengthens the shoulders, triceps, and upper back. It also demands significant core stabilization to control the weight overhead.

## Kettlebell Snatch

The kettlebell snatch is an advanced, explosive full-body movement that combines elements of the swing and clean, taking the kettlebell from the floor to overhead in one continuous motion. It is exceptional for developing explosive power, coordination, and cardiovascular conditioning. For runners, it enhances the ability to generate power quickly and efficiently.

## Advanced Kettlebell Techniques for Runners

Once a solid foundation of strength and technique is established with the basic movements, runners can explore more advanced kettlebell exercises to further challenge their bodies and enhance specific running-related attributes. These techniques often involve more complex coordination, greater demands on stability, and higher levels of power generation.

One such advanced technique is the Turkish Get-Up. This exercise is a masterclass in full-body coordination, stability, and strength. It involves moving from a lying position on the floor to a standing position and back down, all while holding a kettlebell overhead. For runners, the Turkish Get-Up significantly improves shoulder stability, core strength, and proprioception, which are vital for maintaining balance and control during dynamic running movements and helping to prevent falls or stumbles on uneven terrain.

Another beneficial advanced exercise is the Kettlebell Pistol Squat progression. While not a direct kettlebell exercise, the kettlebell can be used for counterbalance or added resistance as a runner progresses towards this challenging single-leg squat. Mastering the pistol squat builds immense unilateral leg strength, hip stability, and ankle mobility, all of which are critical for powerful and injury-free running. It directly addresses the unilateral demands of the sport by building exceptional strength in one leg at a time.

Incorporating kettlebell complexes, which are sequences of exercises performed back-to-back with minimal rest, can also significantly enhance a runner's cardiovascular fitness and muscular endurance. These complexes often include swings, cleans, presses, and squats, forcing the body to work continuously and build resilience.

# Building a Kettlebell Workout Routine for Runners

Creating an effective kettlebell workout routine for runners requires careful consideration of training frequency, exercise selection, volume, and intensity, all balanced with the demands of running training. The goal is to complement, not detract from, running performance.

A well-structured routine should prioritize compound movements that target the posterior chain, core, and hips. Frequency can vary, but 1-3 sessions per week, ideally on non-running days or after easier runs, is often recommended. The intensity and volume should be progressively increased as strength and endurance improve.

It's important to tailor the routine to the runner's experience level and specific goals. Beginners should focus on mastering form with lighter weights, while more advanced runners can incorporate heavier loads, more complex exercises, and higher volume.

## Sample Beginner Kettlebell Workout for Runners

This beginner routine focuses on mastering fundamental movements and building a solid base of strength and stability. Perform 2-3 rounds of the following exercises, resting 60-90 seconds between rounds.

- Kettlebell Swing: 10-12 repetitions
- Goblet Squat: 8-10 repetitions
- Kettlebell Deadlift: 8-10 repetitions
- Plank: Hold for 30-45 seconds

## Sample Intermediate Kettlebell Workout for Runners

As strength and technique improve, runners can progress to more challenging exercises and slightly higher volume. Perform 3-4 rounds of the following, resting 60 seconds between rounds.

- Kettlebell Swing: 15-20 repetitions
- Goblet Squat: 10-12 repetitions
- Kettlebell Clean: 6-8 repetitions per side
- Kettlebell Single-Leg Romanian Deadlift: 8-10 repetitions per side

- Push-ups: As many repetitions as possible (AMRAP)

## **Sample Advanced Kettlebell Workout for Runners**

This advanced routine incorporates more dynamic movements and higher intensity, suitable for experienced runners. Perform 4-5 rounds, resting 45-60 seconds between rounds.

- Kettlebell Swing: 20-25 repetitions
- Kettlebell Clean and Press: 6-8 repetitions per side
- Kettlebell Snatch: 5-6 repetitions per side
- Turkish Get-Up: 2-3 repetitions per side
- Renegade Rows: 8-10 repetitions per side

## **Integrating Kettlebell Workouts into Your Running Schedule**

The key to successfully integrating kettlebell workouts for runners is to ensure they enhance, rather than hinder, running performance. This means being strategic about timing, intensity, and recovery.

Ideally, kettlebell sessions should be scheduled on days when you have easier runs or rest days. Performing intense kettlebell training immediately before a hard run or long run can lead to fatigue and compromise your running performance. Conversely, doing kettlebells after a moderate run can be an effective way to build strength without excessive fatigue.

Pay close attention to your body's recovery signals. If you feel excessively sore or fatigued from kettlebell training, it's a sign that you might be doing too much too soon, or the timing is not optimal. Adjust your schedule and intensity accordingly. Listen to your body; it's your best indicator of what works and what doesn't.

## **Common Mistakes to Avoid with Kettlebell Workouts for Runners**

Many runners new to kettlebell training fall into common traps that can limit their progress or even lead to injury. Being aware of these pitfalls can help ensure a safer and more effective training experience.

One of the most frequent mistakes is neglecting proper form. Kettlebell exercises, particularly the swing, require a specific hip-hinge technique. Trying to lift with the arms or using momentum incorrectly can strain the lower back. Always prioritize learning the correct movement patterns from a qualified instructor or reliable resources.

Another common error is using weights that are too heavy too soon. This leads to poor form, reduced range of motion, and increased risk of injury. It's better to start with a lighter kettlebell and perfect the technique before increasing the weight. Progressive overload is important, but it should be gradual and mindful of form.

- Using weights that are too heavy, leading to compromised form.
- Ignoring proper hip-hinge mechanics in the swing.
- Performing kettlebell workouts too close to hard running sessions.
- Not allowing adequate rest and recovery between sessions.
- Neglecting warm-up and cool-down routines.
- Failing to listen to the body and pushing through pain.
- Not seeking guidance on proper technique from experienced professionals.

By focusing on mastering fundamental movements, progressively increasing intensity, and strategically integrating these sessions into your overall training plan, kettlebell workouts can become an invaluable asset to your running journey. The benefits extend far beyond simple strength gains, contributing to a more efficient, powerful, and resilient stride.

## **Q: How often should runners incorporate kettlebell workouts?**

A: For most runners, 1 to 3 kettlebell sessions per week is a good starting point. It's important to schedule these workouts on days that are not your hardest running days, or even after an easy run, to allow for adequate recovery and prevent overtraining.

## **Q: What is the most important kettlebell exercise for runners?**

A: The kettlebell swing is often considered the most crucial exercise for runners. It directly strengthens the posterior chain (glutes, hamstrings, lower back) and develops explosive hip power, which are fundamental for efficient propulsion during running.

## **Q: Can kettlebell workouts help prevent running injuries?**

A: Yes, kettlebell workouts can significantly help prevent running injuries. By strengthening stabilizing muscles, improving core stability, enhancing hip mobility, and building balanced leg strength, kettlebells address common weaknesses and imbalances that often contribute to running-related injuries.

## **Q: Should I use one kettlebell or two for my workouts?**

A: Beginners should start with one kettlebell to focus on learning fundamental movements and mastering form. As you progress, you can incorporate two kettlebells for exercises like goblet squats or double-arm swings, but single-kettlebell exercises often provide excellent unilateral benefits for runners.

## **Q: What weight kettlebell should I choose as a beginner runner?**

A: As a beginner runner, choose a kettlebell that allows you to perform exercises with perfect form for the prescribed repetitions. For women, this might be between 8-12 kg (18-26 lbs), and for men, between 12-16 kg (26-35 lbs). It's better to start lighter and focus on technique than to risk injury with too heavy a weight.

## **Q: How do kettlebell workouts improve running economy?**

A: Kettlebell workouts improve running economy by enhancing strength and power in the primary running muscles, particularly the glutes and hamstrings. They also improve core stability, which allows for more efficient transfer of energy and a more upright running posture, reducing wasted movement.

## **Q: What are the signs I'm doing too much kettlebell training for my running?**

A: Signs you might be doing too much include persistent muscle soreness that affects your running, a noticeable decrease in running performance or energy levels, increased fatigue during runs, and difficulty recovering from both running and kettlebell sessions.



## **Q: Can kettlebell workouts help with hill running?**

A: Absolutely. The explosive power developed through kettlebell swings and cleans, along with the leg strength built from goblet squats, directly translates to improved ability to tackle hills with more power and less effort.

## **Q: Should kettlebell training be part of my warm-up or a separate workout?**

A: Kettlebell workouts are generally best performed as a separate strength training session, ideally on non-running days or after an easy run. While some dynamic kettlebell movements can be part of a running warm-up, a full kettlebell workout is too demanding to be included as a standard warm-up.

## **Q: What are the benefits of kettlebell training for trail runners?**

A: For trail runners, kettlebell training offers enhanced stability and balance, which are crucial for navigating uneven terrain. Exercises that improve single-leg strength and proprioception, like single-leg deadlifts and Turkish Get-Ups, are particularly beneficial for reducing the risk of falls and sprains.

## **Kettlebell Workouts For Runners**

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**kettlebell workouts for runners: Kettlebell Workouts and Challenges V1.0** Taco Fleur, 2018-03-16 This book is targetted to at-home kettlebell enthusiasts, MMA and BJJ fighters, and crossfitters that use their open box time for kettlebell WODs. This book is even for budding trainers that want to know more about the Caveman training programs, and learn the basics on how to run them. programs, on how to run them. 40+ serious kettlebell workouts, 4 kettlebell challenges, many are paired with very detailed videos. - Beginners to advanced workouts. - How to score AMRAP workouts. - Finer details on many of the exercises. - Quality emphasis on warming-up and mobility. - Full details of the popular Thorax Workout included in this book. - Additional ideas on how to make your WODs even more popular and exciting. - Additional little tips and information for personal trainers. Each workout is 100% kettlebells, mixed with bodyweight, or mixed with other equipment. Some workouts will have alternatives, or progressions. alternatives, or progressions. These are not shoddy quick workouts put together for a book, I've performed each and every workout listed in this book, and so have hundreds of others. -Taco Fleur This book is called Kettlebell Workouts and

Challenges 1.0, obviously this book is then about the workouts and challenges, hence, I will be linking to a lot of external information rather than turning this into a book about kettlebell exercises, and / or technique, I I already have several books on those. This is not to say that this book does not contain technique or exercise information, but it is kept to a minimum, illustrated with many photos, while linking to more online info. The title is prefixed with 1.0 as we will be putting out plenty of more books with new workouts. BONUS: 1. Information for trainers on how to run your own Caveman Circuit, and Boot Camp. 2. Downloadable workout PDF that can be downloaded, printed and taken to the gym. 3. Downloadable kettlebell grip PDF that will improve your kettlebell training instantly. 4. Downloadable PDF that will improve your racking for resting and endurance. 5. Free kettlebell workouts mobile app for the Android.

**kettlebell workouts for runners:** *How to Train for a Marathon Without a Gym: A Complete Guide to Outdoor and At-Home Marathon Prep* David Morgan, You don't need a gym membership to conquer a marathon—just the right plan, motivation, and knowledge! *How to Train for a Marathon Without a Gym* is your ultimate guide to preparing for a marathon using outdoor and at-home techniques, regardless of your fitness level or access to fancy equipment. With practical advice on strength building, endurance training, nutrition, and injury prevention, this book equips you with the tools to succeed. Discover how to use bodyweight exercises, park workouts, and running programs to achieve marathon fitness without the need for a gym.

**kettlebell workouts for runners:** Kettlebell Workouts And Challenges 4 Taco Fleur, 2023-08-17 Kettlebell workouts for AMRAP, FOR TIME, EMOM, Circuit, Interval, HIIT, and so much more. When you buy this book, you will get intelligently designed kettlebell workouts that deliver results for people at home with one or more kettlebells from beginner to advanced and always scalable. The book contains kettlebell strength workouts, AMRAP workouts, FOR TIME workouts, high-intensity interval workouts, flexibility and mobility workouts, endurance workouts, and so much more. The book contains many under 20 and 30-minute workouts for people who are limited on time. Just grab your kettlebell, pick a 12-minute workout, and get your calorie burn in for the day. You will also get strategies and plans to incorporate these workouts into a long-term progression for certain goals. For those who are not yet familiar with all kettlebell techniques, the book also includes tips on form and technique plus common mistakes. It's very rare that a double kettlebell workout from this book can't be performed with a single kettlebell and just performing the work on one side and then the other. Therefore, even if you have just one kettlebell, you can still complete the double kettlebell workouts and as you progress with your technique and strength, you can work your way up to double kettlebell work. Each of these workouts has been designed and completed by myself, they have been completed by other Cavemantrainers, and many of our private members. In other words, they have been tested before they got to you. When it comes to kettlebell challenges, usually, I include quite a few challenges in the book, this time, the book is full of workouts and I picked the best so that there was no need to include more than two challenges. There is so much info on one of the challenges that you really could spend the rest of your training days following the challenge and obtain some of the best results you've ever seen with your training. When I completed this challenge, I was in the best shape of my life. FORM AND TECHNIQUE FIRST WEIGHT AND REPS SECOND Cavemantraining, creating workouts since 2009. We have made it our mission to do things differently from the start and go against the grain. We're not stuck on one style or one way of doing things. We experiment, we analyze, we progress, and we create some of the best hybrid workouts out there. Cavemantraining is a pioneer in the kettlebell world. We've designed over one thousand unique and original kettlebell workouts. Each one has been carefully designed with a goal in mind, so there's something for everyone looking to improve their strength through kettlebells. Since 2009, Cavemantraining has served over 18,000 online students, sold over 15,000 books, created videos with over 12 million views, and built online communities reaching over 150 thousand people. We hope you'll allow us to be a part of your journey as you discover and learn everything there is about the kettlebell. Who Will Benefit From Buying This Book? Literally, anyone who has at least one kettlebell and is interested in some of the world's best kettlebell workouts will benefit from buying

this book. There are basic workouts, beginner workouts, complex, double kettlebell, and advanced exercises in this book, but it's for everyone. I provide clear instructions on how to perform two-kettlebell workouts if you only have one bell, and I explain alternatives and progressions so that you can complete the workout and work your way up to the more advanced exercise when they are used. This book is for those who are tired of performing boring workouts that just contain swings, presses, squats, and presses. This book is for those who want to venture further and expand their knowledge to see what's truly available in the kettlebell world. It's for people who want to benefit from endurance, cardio, strength, power, flexibility, mobility, hybrid workouts, and so much more exciting training.

**kettlebell workouts for runners: Kettlebell Workouts and Challenge 5** Taco Fleur, This book is the 5th in the Kettlebell Workouts and Challenges series, of which the first one was written back in 2017. The format of this book has been drastically improved and includes information on the workout benefits, recommended weight selection, the weights that we used, the average time to complete the workout, how many kettlebells are used, the overall intensity of the workout, intensity for each task of a workout, the number of exercises, reviews on the workout from others, description, how to score the workout, the score that we achieved, but above all, information on how to adjust any more advanced workouts to suit beginners. A quick introduction to the person who designed the workouts, i.e., me: I have over 2 decades of kettlebell experience, training people across the world, owned three gyms, and obtained certification with StrongFirst SFG2, RSGI, IKFF, IKSFA, CrossFit, I have reached Kettlebell Sport Rank 1, and have a background in Martial Arts as a rusty BJJ Purple Belt. I mention this so that you can have confidence in the quality of this product and the training methodology. I will include some reviews for my coaching, our business, and our products taken from thousands of verifiable reviews at the end of this book. I aim to explain and present everything as simply as possible without complex terms or going into too much detail. The workouts will be presented in an easy-to-read tabular format but also a linear format so that all layout preferences are addressed. A separate easy-to-print document is also available for download to people who purchased the book; this will make it easy to take the workouts with you to the gym and also to make notes. A whole online platform and social network for kettlebell enthusiasts is also included so that you can easily record your scoring for a workout, or you can be more specific and record against a task. You can also record notes for a workout, and you will collect all your favorite workouts in one easy-to-access place if you review/rate the workouts. The social network that is dedicated to kettlebell enthusiasts allows you to interact with others, create your kettlebell profile, find workout buddies, and so much more. In short, you are not just buying a book with the world's best kettlebell workouts. Who is this book for? This book is for anyone who is looking for exciting and effective routines with one kettlebell, two kettlebells, or hybrid workouts where kettlebell and bodyweight exercises are mixed. This book is for people who want to explore workouts that utilize mobility work for active recovery between intense tasks. Buy this book if you want to: Learn several workouts to incorporate into your routine Have your kettlebell workouts designed and in an easy-to-read format Have access to kettlebell workouts that focus on all types of goals Spice up your kettlebell training and achieve results Have workouts that you can scale to your level Be able to challenge yourself when ready Experience unique kettlebell workouts In this book, you will find short workouts, long workouts, easy workouts, hard workouts, fun workouts, mentally tough workouts, mobility workouts, power workouts, strength workouts, cardio workouts, and so much more. All workouts have been completed by myself, Anna, and many of our IKU™ members. Hence, they are not just some shoddy and quickly put-together scribbles that haven't been put to the test. As someone who is over half a century of age and what I consider trains tough, I am proud to say that I have never experienced any major injuries, no hip replacements or other surgeries, and pretty much never sick. I attribute this to training hard but training smart and becoming in tune with the body and mind. Of course, an important factor is also the right nutrition and mindset.

**kettlebell workouts for runners: Kettlebell Training for Athletes: Develop Explosive Power and Strength for Martial Arts, Football, Basketball, and Other Sports, pb** David

Bellomo, 2010-02-05 Improve performance in any sport with Russia's most guarded training secret For elite sports training, nothing compares to the impact that kettlebells have on the entire body, and author and trainer Dave Bellomo now brings the power and benefit of these Russian-inspired weights to any athlete. Working the entire body at different angles, this popular training program provides you with rapid gains in strength, speed, and endurance—all requirements for proficiency in any sport. This powerhouse program also gives you customization tools for setting personal goals and tailored eight-week workouts to answer the needs of your specific sport. **Kettlebell Power Training for Athletes:** Presents more than eighty illustrated exercises for quicker learning on how to train with the weights Helps you gradually build a training foundation for a healthier lifestyle Includes sport- and goal-specific programs so you can go directly to that section of the book for your needs Features photographs from award-winning photographer Bruce Curtis Whether you are training for the gridiron, the Octagon, or the Pentagon, these simple tools will help you produce the most extraordinary results you have ever seen. **Author Profile** Dave Bellomo (Williamsport, PA) holds a graduate degree in Exercise Science, specializing in sports performance and injury prevention and an undergraduate degree in Health Science. He is a Certified Strength and Conditioning Specialist (CSCS), a Performance Enhancement Specialist (PES), and a Certified Speed Coach, Dave has over 20 years of experience in the fitness management field and continues to consult with groups and individuals.

**kettlebell workouts for runners: Kettlebell Shred** Emily James, AI, 2025-03-14 **Kettlebell Shred** is a comprehensive guide designed to transform your fitness through strategic kettlebell training. It moves beyond simple routines, empowering you to understand the why behind each movement for personalized progress. The book highlights the kettlebell's unique ability to engage multiple muscle groups simultaneously, improving cardiovascular health, functional strength, and physique. Did you know that the kettlebell stretches back centuries from Russian markets to a global fitness tool? Or that kettlebell movements enhance functional strength used in rehabilitation and athletic performance? The book progresses from kettlebell basics, covering proper form and safety, to mastering key exercises like the swing, snatch, and Turkish get-up. It then offers workout routines tailored for fat loss, strength building, and endurance. What sets **Kettlebell Shred** apart is its focus on biomechanics, explaining the physics behind efficient movement and grounding its approach in exercise science and practical experience, ensuring continuous challenge and adaptation for long-term fitness success.

**kettlebell workouts for runners: Build Your Running Body** Pete Magill, Thomas Schwartz, Melissa Breyer, 2014-07-29 "The best running book ever." —Bob Anderson, founder of Runner's World Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in **Build Your Running Body**, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS: • 393 photos that make it easy to follow every step of every workout • 10 training programs to help runners of all levels integrate the total-body plan into their daily routines • Interviews with leading runners, exercise scientists, and coaches—learn how elite runners train today • Race strategy for the crucial weeks leading up to the competition and through to the finish line • Exercises to prevent injury and rehabilitate common running ailments • Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics • Nutrition guidance on carbs, proteins, fats, and weight loss • More than 30 recipes to speed recovery and cement fitness gains • Beginners' guidelines every step of the way • Valuable tips on proper apparel, tracking your progress, and more!

**kettlebell workouts for runners: The Mobility Workout Handbook** William Smith, David

Kirschen, Michael Volkmar, 2016-12-27 **BETTER PERFORMANCE, BETTER RESULTS—WITH MOBILITY!** From golf to tennis, swimming to running, cross training to strength training, everyday athletes everywhere can benefit from mobility training. Essential for promoting better performance and reducing risk of injury, mobility refers to how well your body moves through a given movement pattern. The Mobility Workout Handbook is your complete guide to incorporating this critical aspect of fitness into your workout routines. Exercise, paired with proper mobility training, is what enables professional athletes to work to their fullest potential without fear of injury or burnout...and now you can too! Fitness experts Will Smith, David Kirschen, and Mike Volkmar have brought their decades of experience together to provide an effective and easy-to-follow series of sports-specific mobility routines. Designed to help increase range of motion and allow for better performance at all levels of the fitness spectrum, these cutting-edge training routines bring the leading concepts in injury prevention and mobility development to the everyday athlete. The Mobility Workout Handbook includes: • 100 mobility routines, with endless possible variations • Expert-designed workouts of the day (WODs), tailored to a variety of sports and fitness activities • Detailed, easy-to-understand exercise descriptions to help you master each movement • Tips on how to supplement your existing workout regimen and completely customize your fitness experience to your needs • Everyday Tracker journal pages to help you keep track of your progress Revamp your body and revitalize your routines with all-in-one mobility workouts!

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