Runners Strength Training Blueprint

BROUGHT TO YOU BY:
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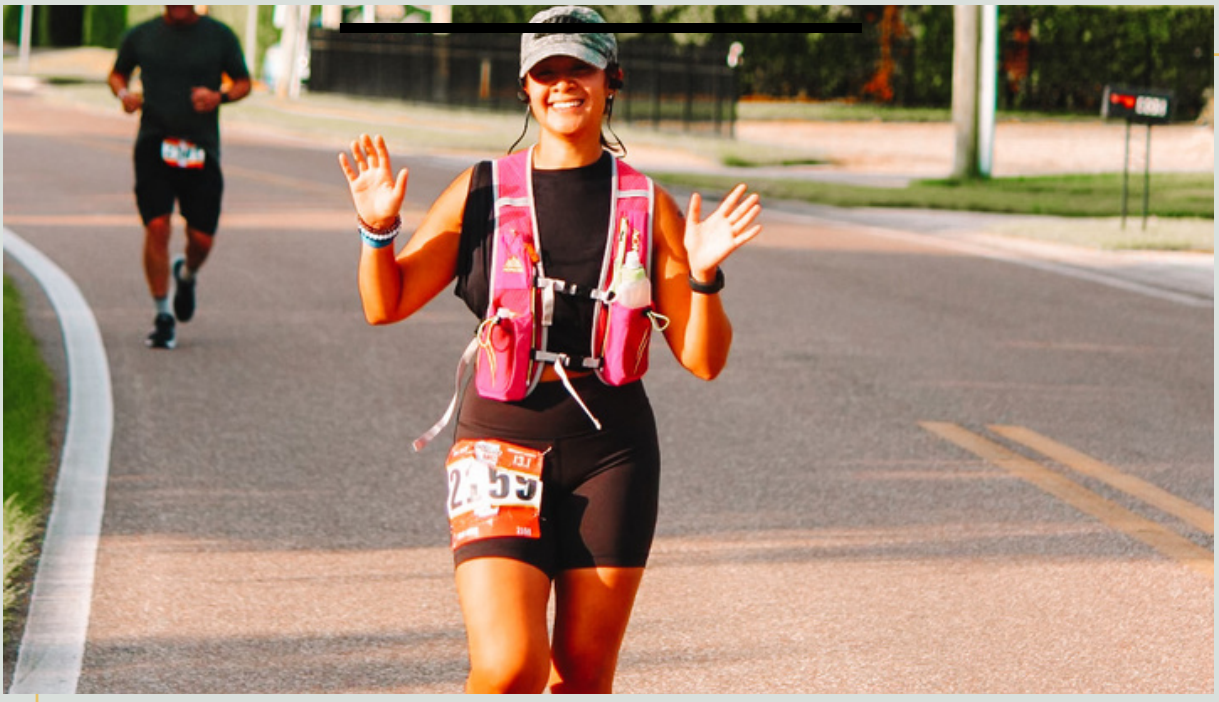
Hi, I'm Dr. Kat!

RUNNING PHYSICAL THERAPIST

Physical Therapist, Personal Trainer, Road Runners of America Certified Run Coach, and most importantly **RUNNER**.

Throughout my career, I have met dozens of runners who love running, but avoid strength training, and as a result, end up injured somewhere along their running journey. Did you know runners are 85% more likely to experience some sort of running related injury within their life time? Often times, people forget if you're a runner, you're an athlete. Thus, you should be treating yourself as an athlete. That includes strength training.

Here are 6 simple exercises to start incorporating into your strength routine so you can stay strong and keep hitting that pavement!



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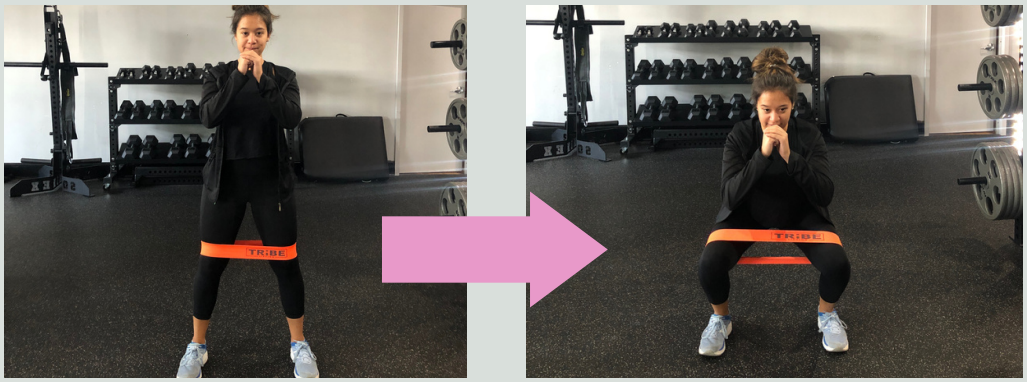
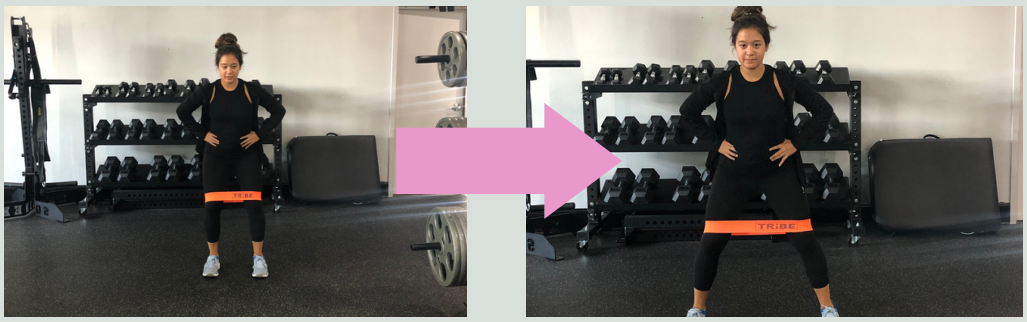
STRENGTH EXERCISES

CLICK FOR VIDEOS!



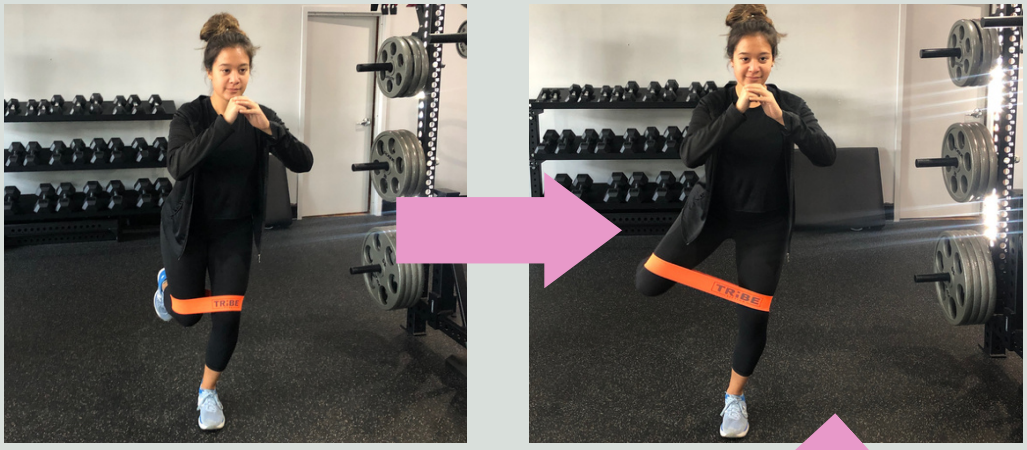
Banded Squats

Sets: 3 Reps: 12



Banded Side steps

Sets: 3 laps



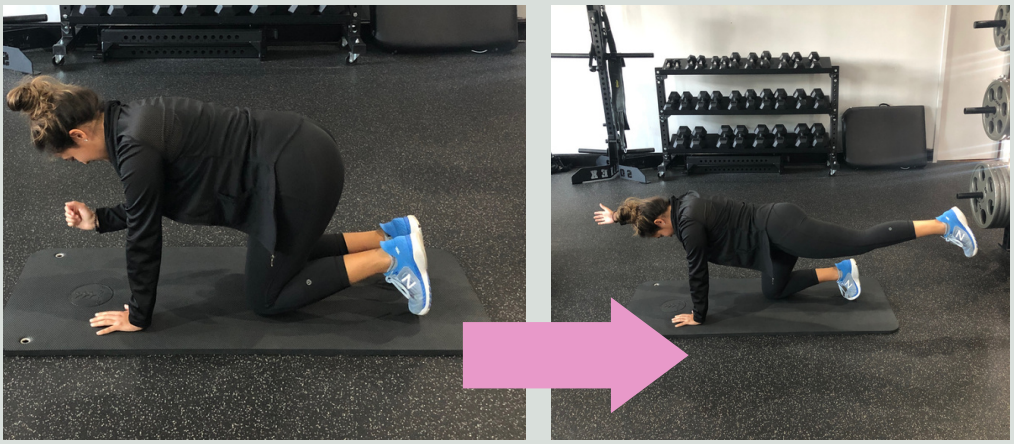
Banded Stork

Sets: 3 Reps: 8

Strength Exercises

Single leg RDL

Sets: 3 Reps: 10



Birddog

Sets: 3 Reps: 10

Side Plank

Sets: 3 Reps: 12

INTERESTED IN ONLINE RUN COACHING?

If you're a runner looking to get back to injury-free, healthy running, hop on a free 15 minute call with me to inquire about run coaching.

WHAT YOU CAN EXPECT

- Access to Final Surge
- Individualized Running and Strength Plan Plan (Dependent on plan)
- Direct contact on a weekly basis
- Fueling and race day strategy

GET IN TOUCH

For more tips follow
Instagram & TikTok: @runwithkat_dpt
Podcast: The RunwithKat Show

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Kat