

Strength Training 2

jaci wilson runs



Week 1: 2 rounds of 12 reps, complete all moves before doing second round of each move

Week 2: 3 rounds of 8 reps, complete all moves before doing second round of each move

Week 3: 3 rounds of 8 reps, complete 1st block before moving on to 2nd block

Week 4: 2 rounds of 12 reps, complete 1st block before moving on to 2nd block

Day 1 (Lower Body) - 25min

- Single leg RDL
- Reverse lunge into knee driver
- Curtsy squats with band

- Sumo RDL
- Rotating back angle lunge

- Single leg bridge with band
- Hamstring curl with band

Day 2 (Upper Body) - 20min

- Chest press in glute bridge
- Lat pull over in glute bridge
- Tricep kickback in lunge**

- Turned out bicep curl
- Front raise
- Runner's lunge curl

- Weighted twisted roll downs
- Weighted windmills

Core

- Plank
- Side planks
- Bird dogs
- Dead bugs
- Single leg glute bridge
- Copenhagen planks

Mobility

- 90/90 hip switches
- Kneeling hip flexor stretch
- Kneeling adductor rock
- Runner's lunge to twist
- Lunge to hamstring rock
- Hip flexor to ankle dorsiflexion rock
- Thread the needle
- Frog hip stretch

Strength Training - Extras

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If you want to lift more than 2 days a week, here are 2 additional days:

Week 1: 2 rounds of 12 reps, complete all moves before doing second round of each move

Week 2: 3 rounds of 8 reps, complete all moves before doing second round of each move

Week 3: 3 rounds of 8 reps, complete 1st block before moving on to 2nd block

Week 4: 2 rounds of 12 reps, complete 1st block before moving on to 2nd block

Day 3 (Total Body) - 25min

- [Surrender to shoulder press*](#)
- [Bent over row tap back**](#)
- [Single leg runner's knee drive](#)

- [Single leg hinge with band](#)
- [Camel bicep curl](#)
- [Curtsy lunge](#)

- [Forearm plank jumping jacks](#)
- [Boat pose crunch](#)

Day 4 (Glutes, all bands) - 20min

- [Straight leg lift](#)
- [V toe taps up and over](#)
- [Circles on side](#)

- [Standing leg press side](#)
- [Standing leg press back](#)
- [Standing leg press on angle](#)

- [Side-to-side squat](#)
- [Lateral lunges](#)

If you are adding in more lifting days and/or cross-training, make sure one day per week is a COMPLETE rest day - no running, lifting, HIIT, biking, swimming, etc. - aka nothing taxing on the body.

Strength Training 2 Tracker

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Day 1 (Lower Body) - 25min	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Single leg RDL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reverse lunge into knee driver	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Curtsysquats with band	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sumo RDL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rotating back angle lunge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Single leg bridge with band	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hamstring curl with band	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2 (Upper Body) - 20min	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Chest press in glute bridge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lat pull over in glute bridge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tricep kickback in lunge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turned out bicep curl	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front raise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Runner's lunge curl	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weighted twisted roll downs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weighted windmills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3 (Total Body) - 25min	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Surrender to shoulder press*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bent over row tap back**	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Single leg runner's knee drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Single leg hinge with band	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Camel bicep curl	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Curtsylunge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forearm plank jumping jacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boat pose crunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4 (Glutes, all bands) - 20min	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Straight leg lift	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
V toe taps up and over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Circles on side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing leg press to side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing leg press back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing leg press on angle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Side-to-side squat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lateral lunges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* In weeks 1 & 4, do 16 total reps. In weeks 2 & 3, do 10 total reps.

** In week 1, do 8 reps per side. In weeks 2 & 3, do 10 reps on one side in round 1, 10 reps on the other side in round 2, 5 reps per side in round 3. In week 4, do 15 reps on one side in round 2, then 15 reps on the other side in round 2.