

## ■■ Strength Training Poster for Ultrarunners

Focus on endurance-based sets, core stability, and trail-specific strength.

■ Goblet Squats: 3x12 reps – Strengthens quads & glutes for climbing

■■ Romanian Deadlifts: 3x10 reps – Hamstrings & posterior chain

■ Step-Ups (Weighted): 3x10/leg – Builds uphill drive and control

■ Reverse Lunges: 3x10/leg – Enhances single-leg stability

■ Side Plank + Reach: 3x30s/side – Targets lateral core strength

■ Pallof Press: 3x12 reps – Anti-rotation core control

■ Farmer Carries: 3x30 sec walks – Grip, posture, full-body tension