

Are Burpees Good For Runners?

Benefits & Exercise Routines

Meta Description: Learn how burpees can transform your running performance with targeted benefits for endurance, strength, and speed plus simple routines to add into your training.



Caption: Burpees work wonders for runners because they target all the muscles you use when you run.

Alt text: A man and woman performing burpees.

Key Takeaways

- Burpees improve cardiovascular fitness by increasing heart rate and building endurance.
- They enhance muscle strength, particularly in the core, glutes, and legs, which are crucial for runners.
- Regular burpees improve coordination and balance, reducing the risk of injuries.
- Incorporating burpees into a training routine can lead to better running performance.
- [SOLE equipment](#), when paired with burpees, helps to create the ultimate runner's training system and enables higher quality workouts through strategic recovery.

Are Burpees Good For Runners?

What are Burpees?

Burpees count as a functional movement. This means they mimic everyday actions and improve your overall mobility and strength. As a runner, this means better performance and fewer injuries.

They target all the muscles you use when you run. One exercise hits everything from your shoulders to your calves—that's efficient training!

Immediate Benefits of Burpees

First, burpees jack up your heart rate fast. This matters because a higher heart rate during exercise improves your cardiovascular endurance. When you run, your heart must pump blood efficiently to your muscles. Burpees train your heart to do exactly that.

Cross-Training

Cross-training is vital for runners—it helps prevent overuse injuries by engaging different muscle groups and reducing repetitive strain. Burpees fit perfectly into a cross-training routine because they work both your aerobic and anaerobic systems. This dual benefit means you're not just building endurance; you're also building strength.

Impact on Running Performance

Burpees improve your core strength. A strong core is essential for maintaining proper running form. It helps you stay upright and balanced, especially during long runs.

It also enhances your leg strength, mostly in your quads, hamstrings, and calves. Strong legs push you forward with more power and efficiency. This means you can run faster and longer without getting tired as quickly.

At SOLE, we're proud to offer top-quality exercise equipment designed for home and gym use. Our machines are built to meet the highest standards of durability and performance, making them ideal for fitness enthusiasts at any level.

SOLE Products

- [SOLE Treadmills](#): Engineered for durability and performance, these treadmills feature advanced cushioning, quiet motors, and spacious running surfaces for a comfortable workout.
- [SOLE Ellipticals](#): Built for smooth, quiet operation, these ellipticals offer adjustable stride lengths, incline options, and heart rate monitoring for a full-body workout.
- [SOLE Bikes](#): Designed for comfort and efficiency, these bikes provide a quiet, stable ride with adjustable seating, user-friendly consoles, and heart rate monitor compatibility for all fitness levels.
- [SOLE SRVO](#): With a sleek, compact design and motorized resistance system, this innovative weightlifting solution makes strength training effortless and efficient. Built-in transport wheels ensure effortless movement and storage.
- [SOLE Strength](#): From adjustable dumbbells to Olympic barbells, these strength

products support functional training and progressive muscle growth.

- [SOLE Rower](#): With dual magnetic and air resistance, this rower ensures a smooth, quiet experience. Adjustable foot pedals, an ergonomic seat, and a foldable design provide comfort and convenience for a full-body workout.

Other Core Benefits of Burpees for Runners



Caption: Let's say you're running a race—you need bursts of speed for the final sprint. Burpees train your body to handle these bursts by strengthening your fast-twitch muscle fibers.

Alt text: A woman running a marathon.

Boosting Cardio Fitness

Burpees are a high-intensity exercise, meaning they significantly boost your [cardio fitness](#). Over time, this leads to better cardiovascular endurance, allowing you to run longer distances with ease.

Improving Coordination and Balance

Running requires coordination and balance, and burpees can enhance these skills. As you move from standing to a plank and back up again, your body learns to stabilize itself. This improved coordination helps you maintain form and prevent injuries during runs.

Exercise Routines with Burpees

Beginner Burpee Routine

If you're new to burpees, starting with a beginner routine can help you build confidence and strength. Focus on form rather than speed.

Begin with a warm-up. Spend about 5–10 minutes doing light cardio, like jogging in place or jumping jacks. This prepares your muscles and reduces the risk of injury.

Once warmed up, try this simple burpee routine:

- Perform 5 burpees, focusing on correct form.
- Rest for 30 seconds.
- Repeat for 3 sets.



Caption: As you get comfortable with the basic burpee routine, you can gradually increase the number of burpees per set.

Alt text: A man performing a push-up plank.

Intermediate Burpee Challenge

The intermediate challenge is perfect for those who have mastered the basics and are looking to increase intensity. This routine incorporates more repetitions and less rest time to push your limits.

Perform 10 burpees in a row, then rest for 20 seconds. Repeat for 4 sets. Focus on maintaining good form throughout.

Advanced Burpee Workout

If you are a seasoned athlete, the advanced burpee workout gives you a serious challenge. It [maximizes strength](#) and cardio benefits by pushing your body to its limits.

Perform 15 burpees, rest for 15 seconds, and repeat for 5 sets. Aim to complete each burpee with explosive power.

Incorporating Burpees into Training

Weekly Training Schedule

Here's a sample weekly training schedule that includes burpees:

- Monday: Long run, followed by 3 sets of beginner burpees.
- Wednesday: Cross-training day with intermediate burpee challenge.
- Friday: Speed workout, finishing with an advanced burpee workout.
- Sunday: Rest or light activity, such as yoga or walking.

This schedule balances running and strength training for complete fitness development.

Burpee Variations for Runners

1. Box Jump Burpee: After completing a burpee, jump onto a sturdy box. This enhances explosive power and leg strength.

2. Push-Up Burpee: Add a push-up when you're in the plank position. This variation targets the chest and arms.

3. Single-Leg Burpee: Perform the burpee on one leg. This improves balance and targets the stabilizing muscles.

Proper Burpee Technique

Common Mistakes

- Letting the hips sag during the plank position, this strains the lower back.
- Not fully extending during the jump, reducing the effectiveness of the exercise.
- Rushing through reps without focusing on form, increasing the risk of injury.

Form Adjustments and Tips

To perfect your burpee form, consider these tips:

- Engage your core throughout the movement to protect your back.
- Focus on a controlled movement rather than speed to ensure proper form.
- Use a mirror or record yourself to check your technique and make necessary adjustments.

How SOLE Equipment Makes You a Better Runner

Burpees give you a solid cross-training base, but when you add [SOLE equipment](#), you take your running to professional levels. This powerful combo targets specific aspects of running that burpees alone just can't touch.



Caption: SOLE equipment improves running-specific strength with precision incline/decline systems, and enhances recovery between quality running sessions—all supported by structured programs in the SOLE+ App.

Alt text: A woman using the SOLE TT8 treadmill.

Protects Your Joints

SOLE's Cushion Flex Whisper Deck absorbs 40% of impact forces. This shields your knees, ankles, and hips while still giving your muscles the training they need.

Fixes Your Form

The natural motion paths in [SOLE ellipticals](#) correct small gait problems that eventually cause injuries and performance plateaus. Better form means faster, safer running.

Prepares You for Any Course

The [TT8 treadmill](#) has a 6% to 15% grade range that builds the exact muscle patterns you need for hills and varied terrain. Flat-ground burpees just can't prepare you for course challenges.

Boosts Recovery Without Sacrificing Fitness

[SOLE bikes](#) build mitochondrial density and increase blood vessel development without extra stress on your bones and joints. This extends how much you can train overall.

Builds Race-Winning Power

The combo of explosive burpees with controlled SOLE equipment resistance creates the perfect power-endurance balance you need for strong finishing kicks.

Free Workout Training

The free [SOLE+ App](#) delivers structured running programs that perfectly blend both workouts.

[Ready to experience how the perfect mix of burpees and SOLE equipment creates runners who maintain form and speed? Check out our collection today.](#)

Frequently Asked Questions (FAQ)

Can burpees replace running?

While burpees are an excellent full-body workout, they cannot entirely replace running. Running primarily focuses on cardiovascular endurance, while burpees provide strength and cardio benefits. It's best to use them as a complementary exercise to enhance your overall fitness.

How often should runners do burpees?

Runners can incorporate burpees into their routine 2–3 times a week. This frequency allows for recovery and prevents overuse injuries. Adjust the number of sets and reps based on your fitness level and goals.

What are the common injuries from burpees?

Improper form can lead to injuries, such as lower back strain, wrist pain, or knee issues. To avoid these, ensure proper technique, engage your core, and avoid rushing through reps. If you're new to burpees, start slowly and focus on form.

Can burpees improve running speed?

Yes, burpees can improve running speed by building leg strength and cardiovascular endurance. The explosive nature of burpees enhances fast-twitch muscle fibers, which are crucial for sprinting and quick bursts of speed during a run.

What makes SOLE equipment better than basic cross-training?

Unlike basic cross-training, [SOLE equipment](#) provides runner-specific benefits through specialized design features like the 2° inward slope of [SOLE elliptical](#) pedals that exactly match proper running mechanics.

The magnetic resistance systems in [SOLE bikes](#) create load patterns that target slow-twitch muscle fibers vital for marathon performance without the stress of additional miles. This improves mitochondrial density in running-specific muscles without compromising recovery between key workouts.