



March 29, Week 5 - Strength Training

Hope training is going well. This is usually the point in any training plan (5k through marathon) where we ask the dreaded question – have you been doing your strength training?? This is dreaded because so many runners focus exclusively on the miles, which is important. However, strong runners need balanced muscles so adding in strength training is key. You don't need a gym or even weights. Body weight exercises provide a ton of benefit! Thus, this week we are talking to you about strength training- why it's important and some exercises you can do anywhere.

Strength training is an important aspect to a runner's training plan because it creates good running form, builds muscles and will help you avoid injury. By incorporating strength early on in your training program, you will become a more balanced and efficient runner. While runners often work mainly on their aerobic fitness, strength training (or resistance training) is an important training tool.

Why do strength training?

- **Reduces the risk of injury**
Correcting muscle imbalances in the body reduces the risk of injury. When you run, two to three times your body weight is borne by one leg at a time. That means you need considerable leg strength to achieve speed and mileage.
- **Maintain and increase muscle mass**
Researchers know that one part of aging is the loss of muscle. A little resistance training can help maintain your vital muscle mass. In other words, use it or lose it.
- **Add interest and maintain motivation**
Strength training also adds variety and interest to your exercise program. A little change of routine will help keep you motivated.
- **Become a better athlete overall**
Strength training can help you become a better total athlete. It improves balance and coordination. It teaches discipline. By building your running muscles, and those that support them, and by following the other guidelines in this book-including goal setting, nutrition and stretching-you'll start to become a "total athlete," not just a runner.

How to Implement

Below are recommended core and lower body strength routines for you to incorporate into your running plan. Each exercise targets key muscle groups for running strength and running health. We recommend doing each exercise at least 2x a week. Click on the video links below to get more info on the exercises.



Precautions:

If this is your first-time doing strength or resistance work, you will feel sore. Remember the difference between good and bad pain. Start off with fewer repetitions and build gradually if you are overly sore. If you've never done these exercises, start off with the modified version and build up to the more advanced version.

Lower Body Strength:

Single Leg Deadlift - <http://bit.ly/SingleLegDeadLifts>

Single Leg Calf Raises - <http://bit.ly/calfraises>

Clamshells - <http://bit.ly/clamshellstrengthexercise>

Squats - <http://bit.ly/chairsquats>

Reverse Lunges - <http://bit.ly/reverselunges>

Core Strength:

Pushups - http://bit.ly/push_ups Modified: <http://bit.ly/PushUpsModification>.

Plank/Side Plank Series - http://bit.ly/plank_sideplank

Russian Twists - <http://bit.ly/russiantwists>

Oblique Twists - <http://bit.ly/seatedobliquetwists>

Toe Touches - <http://bit.ly/toetouches>