

Strength Training and Running

Benefits to Strength Training:

- *Run faster, longer, and more efficiently
- *Helps you recover faster by converting metabolic waste into energy
- *Improves posture and running form
- *Prevent injuries and helps to reduce the severity of injury if it occurs

What is Resistance Training?

Resistance training involves conditioning the body, using weights or resistance to help increase muscular strength, endurance, power or size

Resistance Training is very Personalized

It all depends on what your body allows and how it responds!

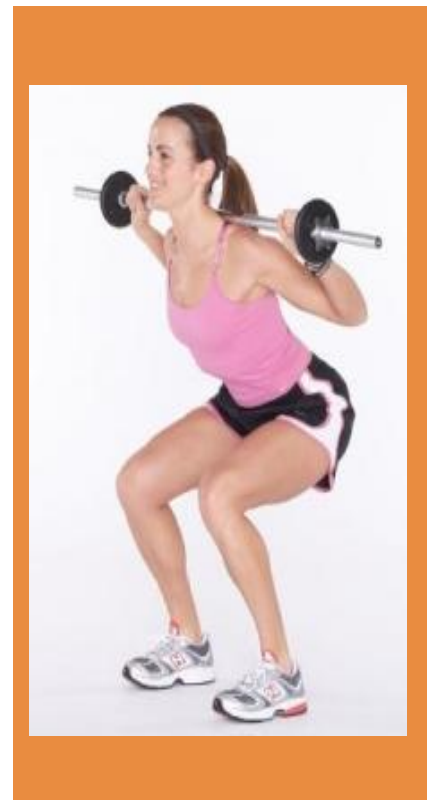
HOW OFTEN?

- ~ Off-season/ base training: 2-3 days of resistance training a week
- ~Pre-season: Reduce to 2 times a week
- ~Racing season: Reduce to 1-2 times a week

What type of weight lifting should I do...

- Light-weights
- Muscular Endurance: High repetition (12-18 reps)
- Abdominal Exercises
- Include all major muscle groups (Chest, Back, Arms, Legs etc...)
- Large multi-joint movements

Examples: Squat, Dead Lift, Bench Press, Pull-ups or lat Pull Downs, and Dips (if able)



Free Weights

A free-weight can be classified as any object or device that can be moved freely in three-dimensional space. Examples:

-Dumb bell, Barbell, Pulley machines, Medicine Balls, Ankle Weights

PROS:

- Can be used at home or at a gym.
- Functional to everyday movements.
- Increase strength through a full range of motion.
- Sport specific movements can be trained
- You can strengthen large muscle groups at once

CONS:

- May need a spotter if lifting a heavy weight.
- Knowledge of proper form during the lift is vital for injury prevention.

vs.

Machines

Many machines use a stack of weight as a means of resistance

PROS:

- Goes through a guided and specific range of motion, which can be great when starting strength training or rehabilitating from an injury.
- Assists with control of movement.
- If the machine is properly adjusted it can provide proper form through the lift.

CONS:

- Must have a membership to a gym or place where you can use machines.
- Not functional to everyday movements.
- Focuses on one muscle group at a time.
- When increasing weight, you must add a whole or half plate (usually 10 or 15 lbs.) which may be too large of an increase for some individuals.



Guidelines to Follow:

- ➔ Use Good Form
- ➔ Rest for 30 seconds between sets
- ➔ Make Slow and Smooth movements
- ➔ Mix up your workouts every 2-3 months

If you are not familiar with exercises and the proper form, seek help at a local gym or health care facility

If you are doing an exercise wrong, you are doing more harm than good!

Recommended Exercises for Runners:

LOWER BODY: Help prevent injuries by strengthening the muscles around the knees and hips (two problem areas for runners)

UPPER BODY: Strengthens postural muscles which will keep you upright, improve your breathing and Oxygen intake, and help you maintain running strength and efficiency

Quadriceps, Hamstrings, Hips

Squats, Dead Lifts, and Lunges

Calves

Heel Raises

Gluteals and Hamstrings

Good Morning lift (a dead lift with bent legs)

Shoulders

Shoulder Shrugs

Upper Back

Dumbbell Rows

Chest

Elevated Feet Push-ups

Biceps

Curls

Triceps

Triceps Kickbacks

Lower Back

Superman Exercise (lie stomach down, lift feet and arms like superman flies)

Abdomen

Floor/Ball Crunches
Bicycle
Plank/Side Planks

WARNING:

-If you are over the age of 40 and/or have a history of serious medical problems, such as heart disease, diabetes, high blood pressure, etc., check with your physician before beginning a strength-training program.

-Seek the advice of a trainer to insure that you utilize proper form.

-Warm up with some cardiovascular activities such as running or cycling before lifting

-Don't hold your breath while lifting weights. Breathe in on the relaxation phase and out while performing the resistance/lifting part of the exercise

