

STRENGTH TRAINING FOR RUNNING

➔ Walking Lunges



This is everyone's favourite isn't it! Lunges are a great way to condition your lower body for the asymmetrical position of running.

Start off just with bodyweight and trying to keep the hips fairly level through the lunge. Creating a stable lunge uses all the same muscles you use for stability in running.

Want more of a challenge? Try holding a dumbbell in the goblet position or for more of a balance challenge, hold a dumbbell in each hand.

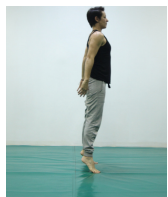
➔ Squat



Another classic. Squats can vary a lot in terms of range- you might squat hips level to knees or maybe you can easily go ass to grass!

Your body mechanics often dictate what your squat looks like so try to move comfortably and build up slowly to the deeper squats. Like the lunge you can add dumbbells once get comfortable with bodyweight.

➔ Calf Raises



Many runners forget their calves when adding strength training to the mix but they are vital. The spring in your step comes from these guys!

Calf raises can be done both legs at once or single leg. Build up slowly- this is one exercise where you will really feel the burn.

We recommend standing facing the wall with fingertips resting lightly on the wall for balance.

Getting confident? Try a stride stance or no wall- super tricky. And don't forget you need to train straight knees and bent knees as you have two sets of calf muscles in there.



LOVE TO RUN?

By Jos Morrish

I get asked all the time, what is best way to improve my running and avoid injury? It's a tricky one and everyone has a different history and body type that will affect the answer. The main thing you can do to improve your running is.... guess what? Running!

But you can do other things in between runs that help you tolerate the repetitive nature of running, not to mention create the strength and endurance necessary to improve your speed or distance.

If we think about what might cause injury in running- usually it's overload. That might be too often, too far or too hard. We can adapt to all these variables but sometimes our body adapts slower than we expect.

At MOJO I practice a tissue tolerance philosophy. That means I try to figure out what load the activity puts on the various tissues (muscles, tendons, nerves etc), and then try to make the tissues strong enough to cope with that load. By doing this we are increasing the tissues tolerance of stress (load), and giving it a greater capacity than the activity demands. In theory this should help to avoid overload and therefore injury. The added bonus is that being stronger and increasing your endurance may also lead to improvements in speed or distance.

At MOJO we can provide running assessment for injuries or just improving speed or distance and small group classes to work on rehab or strength/endurance building, or both! I am always happy to advise on training programs whether you do them under supervision or elsewhere.

I am a physiotherapist and qualified strength and conditioning coach, as well as a keen runner. We have easy online bookings at www.mojo.physio for Willmott Health and Wellbeing in Margaret River or our clinic in Cowaramup or email info@mojo.physio if you would like to discuss your needs.