

Strength Training Tips for Runners

By incorporating strength training into your running regimen, you can better prepare your body for running, reduce injury and increase your performance.

The following tips will help you maximize the benefits of running.

Maintain proper form and body alignment with all exercises. Train yourself to watch the alignment of all five of the major joints in order to prevent injury and improve your running performance:

- 1. Feet:** should be hip width apart, with toes pointed forward
- 2. Knees:** should track over the second and third toe
- 3. Hips:** should remain in "neutral" (no arching of the back)
- 4. Shoulders:** should not be rounded
- 5. Head:** should be following the line of the spine (ears are directly over the shoulders)

Focus on the negative

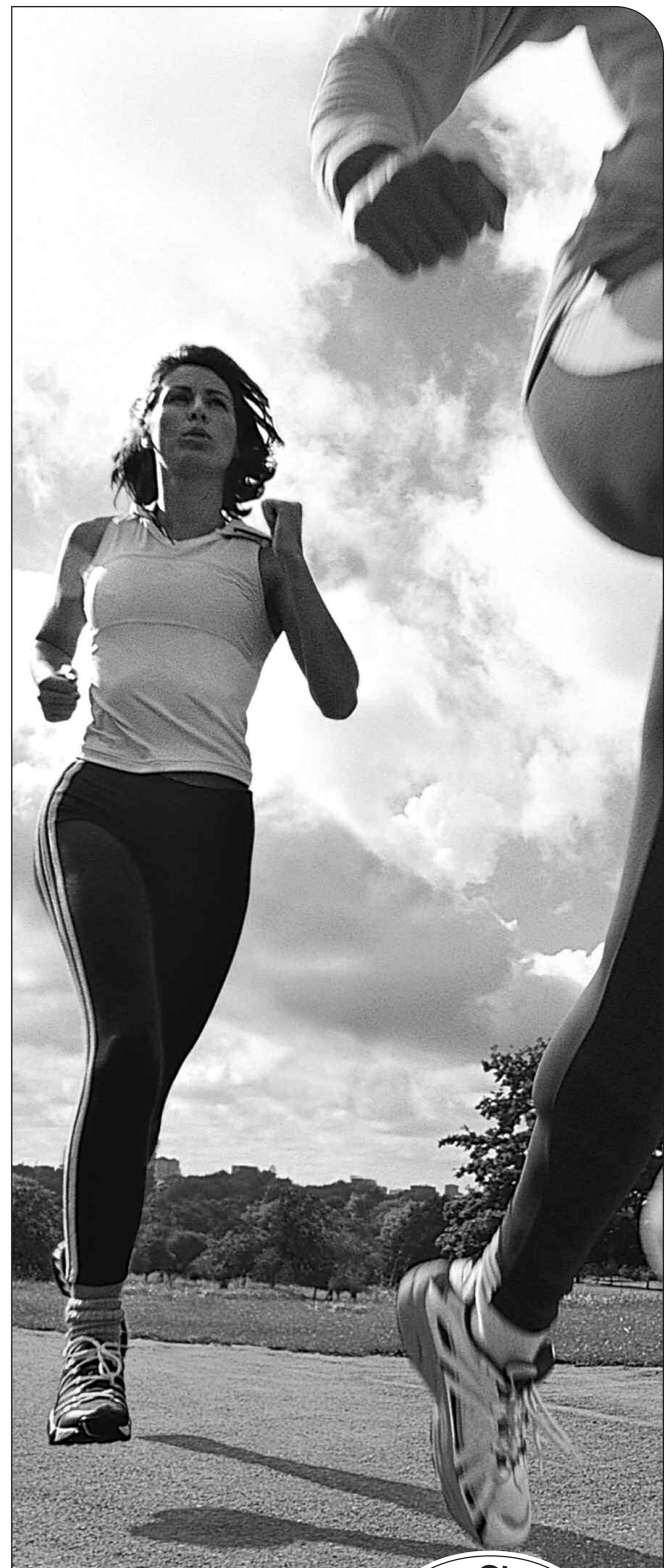
The "negative" part of an exercise occurs when you bring the weight back to starting position. Going slow (4–5 seconds) during the negative aspect of the exercise will train your body to absorb these forces.

Shake up your foundation

While running, runners are constantly asking their bodies to move forward, one leg at a time, so train your body to do what you need it to do: perform exercises while standing on one leg, and you will teach your body how to stabilize during movement.

Hop to it

Plyometric training involves exercises in which the muscles experience a quick stretch followed immediately by a powerful contraction (i.e. jumping or hopping). Be sure you maintain alignment, properly reduce force, and stabilize before attempting these exercises.



boston sports clubs®



**FREE 3-day
membership
with this flyer***

For the location nearest you, visit
MySportsClubs.com or call **800.301.1231**

*First-time visitors only. Must present this flyer and show valid photo ID card. No cash value. Membership not valid until activated by a membership consultant. Offer expires 12.31.09.