

## Strength Training for Marathoners

### Strength Training Benefits:

- Increase Strength
- Increase Bone Density
- Increase Metabolism
- Increase Cardio Fitness
- Increase Running Performance
- Decrease Injuries

### General Guidelines:

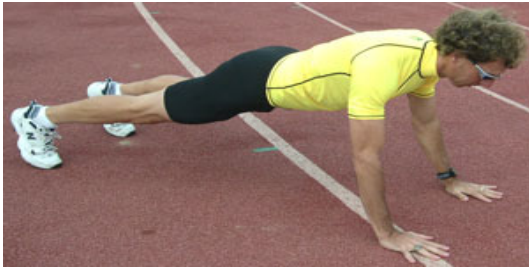
- 3x/week spread out
- 3 sets of 12 reps – reps will be completed for time
- ideally performed before run or on non-run days, but can be done after
- This is one example of a strength training plan. There are many other options, Pilates, Power Yoga, muscle conditioning classes, machine they all do the job.
- Do them in group of three, finish 1 group and then move on to next group.

### Suggested Format:

Perform one exercise right into another exercise, rest for 30 seconds after you cycle through three exercises for 30 seconds. Repeat 1-2 more cycles and move to Group 2.

Group 1	Group 2	Group 3
Push-ups	Bent Ys and Ls	Row motion: either pull up, Dumbbell Row, Tube Row
Lunge	One-leg dead lifts	Side to Side hops with soft landing
Front Bridge	Lateral bridge	Glut Bridge marching

## 1. Push-up



Raise yourself using your arms. At this point, your weight should be supported by your hands and the balls of your feet. Make a straight line from your head to your heels. This position is called "plank," which is used for other various exercises. This is the beginning and the end position of a single push-up.

Lower your torso to the ground until your elbows form a 90 degree angle. Keep your elbows close to your body for more resistance. Keep your head facing forward. Try to have the tip of your nose pointed directly ahead. Draw a breath as you lower yourself.

Raise yourself by attempting to push the ground away from you. Breathe out as you push. The power for that push will inevitably come from your shoulders and chest. The triceps (the muscle on the back side of your upper arm) are also contracted but the primary exercise for the triceps isn't the push-up. Continue the push until your arms are almost in a straight position (but not locked).

## 2. Lunge



To perform the lunge, the individual stands with their feet shoulder-width apart, and then steps forward, landing with the heel first. The knee should be at 90 degrees and directly above the toes, not further. The motion is continued until the back knee is nearly touching the ground. The individual then returns to his or her starting position by driving upward with the front leg.

### 3. Front Bridge



The starting position for the prone bridge is similar to the push-up, except the elbows are bent and the forearms are flat on the floor. The palms can either rest on the floor or they can be together with the fingers interlaced. Next, use your elbows and toes to hold the body up off the floor. It is important to keep your back flat, abs tight, and body completely straight. Hold this position for several seconds (between 30 and 60) and repeat.

You can modify this exercise by doing it from the knees instead of the toes.

### 4. Bent Y's and L's (can also use physioball)



**Y-**

Keep your knees bent and bend over from the hip to 70 degrees

With thumbs up and arms straight, raise arms in front so body and arms form a Y

**L-**



Keep your knees bent and bend over from the hip to 70 degree



With arms hanging toward floor, raise elbows and bend arms so upper arms are parallel to floor and elbows form 90-degree angle

Externally rotate upper arms so the backs of hands rotate toward ceiling

## 5. One Leg Dead Lift



Stand holding weights in front of thighs and place left leg out behind you with the toe lightly touching the floor (or lift it completely off the floor for more of a challenge). Keeping the shoulders back, abs in and the back straight, tip from the hips and lower the weights towards the floor. Lower as far as your flexibility allows. You can bend the knee slightly if you need to. Push into the heel to go back to starting position.

## 6. Lateral Bridge



Raise your body off the ground and balance yourself with your forearm and the side of your bottom foot. Rest your other arm at your side. Make sure your body forms a straight line from head to heels. Contract your abdominals

## Row Motions

### Pull-up



You can perform Pull-ups by grasping a sturdy bar with a firm overhand grip and your hands separated by a distance roughly equal to your shoulder width. With your arms straightened, allow your body to hang from the bar. Next, pull yourself upward to the final position where your chest nearly touches the bar and your chin is over the bar.

While you're pulling, focus on keeping your body straight without arching or swinging. Once your chin is over the bar, you can lower yourself to the initial position. Note that while you perform pull-ups, you can either bend your knees and cross your feet or keep your legs straightened so long as your feet don't touch the floor.

### Dumbbell Row



Stand with feet shoulder width apart and a bend in the knees. Bend at the waist with your head up and grasp a pair of dumbbells with an overhand grip. By bending your arms, lift the dumbbells straight up until they touch your upper abdominals. Reverse the movement to lower the dumbbells but do not let them touch the floor until after your last rep.

### Tubing Row



Assume start position as shown by sitting on floor and wrapping tube around feet. Make sure to sit up as straight as possible. Bend at elbows and pull band toward body. Squeeze shoulder blades. Return to start position

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### 8. Side to side hops with soft landing



Jump laterally over the object to a distance of about 18 inches. Bend your knees as you land on both feet. Absorb and push off quickly.

### 9. Glute Bridge Marching

Begin the bridge by lying on your back with feet on the floor hip distance apart and your knees bent with band around your thighs. Your arms should rest at your sides.

Contract your stomach muscles

(picture your belly button being pulled into your spine) and pull your hips up by tightening your glutes until your body forms a diagonal from knees to chest.

Lift your right or left hip, knee and foot a few inches off the ground while keeping your stomach contracted pushing against the resistance band. Pause briefly, and then lower back to the starting position. Repeat on the opposite side.

