



If you're like me, then you know injuries get more and more common as you get older.

When I first started running in my teens, injury was the farthest thing from my mind. And it seemed that my body was fairly foolproof: in my first eight years of running, I had only one minor injury.

Flash forward to my 40s, however, and things just fell apart.

My long list of injuries has included IT Band Syndrome, plantar fasciitis, high hamstring tendinopathy, and Achilles tendinopathy.

Luckily, I've been able to understand why this was happening and made huge steps to correct it.

In this email, I am going

to... Show you the 6 exercises that helped me the most and that I believe every runner in their 40s, 50s and 60s should be doing

I'll also explain just why strength training is so important to runners as we get older.

Let me start by saying that I don't think my experience is unique or that I'm some special snowflake—my biomechanics aren't unusual, and I don't have any glaring factors that have predisposed me to injury.

But what I did have was a lack of good stability in my hip and strength to activate those muscles.

The funny thing is, I had always been faithful to strength training and what I thought was core training throughout all those years of injury.

Turns out I just wasn't doing the right things and that's why I wanted to make this video today, so I could help you too.

# Why older runners need more strength work

The thing about the human body, is that muscles are really great at pinch-hitting for each other.

## What does that mean?

Well, let's say that your glutes aren't firing correctly or get tired late in a race or workout, your body doesn't just shut down or stop running.

Instead, your hamstrings might fill in to take off some of the load to generate power in your stride. This can only last so long, however, before things start to fall apart and you end up injured.

This is especially true with master's runners, who often have the combination of many years of improper muscle function going on coupled with years of bad habits, like sitting at desks all day long.

The other disadvantage for older runners is that strength is one of the first things we start to lose as we get older.

Numerous studies have shown that after 40, we start to see significant drops in overall muscle strength and our ability to generate force.

This means we need to work harder for each stride in order to maintain the paces we're used to.

And, anytime you're making your muscles work harder, you open yourself up to more potential injuries.

So, now that you're convinced you need to be doing more strength work as you get older, let's look at some of the most effective exercises that target the most common reasons we get injured.

## Clam shells with a band

When we look at the research, clam shells are one of the most effective exercises for targeting the hip abductor muscles, which have also been shown to be one of the most important areas for runners to strengthen in order to stay injury.

We use the band to add resistance.

## Single-leg deadlifts

Single leg deadlifts target your hamstrings and glutes, which are common areas us older runners struggle with as we get older and try to maintain our faster paces.

As this becomes easier, add in kettle bells or handheld weights to increase the difficulty.

## Lunge with rotation

This is a great exercise to target your quads and glutes and also help you engage your core.

The key in this move is to keep your knee steady, not collapsing in or out. It's harder than it sounds, trust me!

## 1-Legged Squat With An Uneven Weight

The squat is one of the best exercises to work your entire lower body and this variation steps up the difficulty by putting you on one leg (just like you do when running) and also adding an unbalanced weight to work on your lower leg strength and balance.

## Stability ball bridge with curl

This is another hamstring exercise that uses a stability ball to increase activation of the core to balance yourself.

## Eccentric Calf Raises

The calf is one of the most common areas that get injured in older athletes. Researcher posit this is because the calf is already a smaller muscle and with the decline of strength in the hamstring and glutes, it needs to do more work to propel our running stride as we get older.

Eccentric heel drops, often used to treat Achilles tendonitis, are a highly effective eccentric strengthening exercise.

Start by performing 2 sets of all these exercises with 8-12 repetitions.

Work to increase the resistance every 2-3 weeks by adding tension with a theraband or by adding weight.

Of course, you're welcome to do more strength training in addition to these exercises, but I would definitely recommend adding these to your routine right away.

Implement them in your training routine and I guarantee they'll help you stay on the trails and roads too!



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