

Strength and conditioning plan

These exercises are just suggestions for things you can do on your non running days that will help you improve your balance and core and general strength, this will help your running posture and endurance.

(Andy Kay a strength and conditioning specialist says : it improves running economy, meaning you can run at a given speed for less energy input. Being stronger and more economical means you will have more left at the end of a race or session. But the biggest reason to do s and C is to prevent injury as many injuries are caused by a weakness.)

There are three plans which can be inter changed and have extensions too.




After a short warm up to prepare your thoughts and body. (try a few minutes gently running or cycling to raise your heart rate and temperature). Run through the whole plan and then repeat it all again either once or twice more.

If one of the exercises hurts when you are doing it, check you are in the correct position and perhaps reduce the reps or choose a different exercise until you are a little stronger.



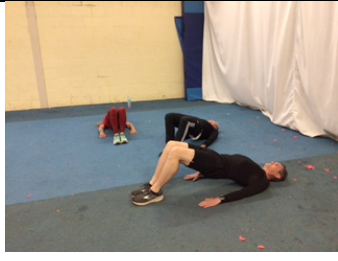

You may find your muscles are sore (DOMS) later. This does not mean you have muscle damage it is just you are using muscles differently. As the exercises become more easy, change the exercise, make it more difficult or do more reps to encourage your body to get stronger.

Strength and conditioning plan

Plan 1




Activity	Photo	Possible progression
<p><i>For abs, delts, biceps and triceps</i></p> <p>Upper body swing Hold a can/weight in front of you with arms straight. Slowly keeping your hips facing the front swing your arms to one side and then the other.</p> <p>Repeat 8 to 10 times</p>		<p>Stand on a wobble board</p>
<p><i>For hamstrings, glutes and quads</i></p> <p>Weighted squat 1 Hold a can/weight with two hands to your chest. Feet wider than hip distance apart. Slowly squat to a comfortable depth keeping your back straight. Slowly raise to straight leg position</p> <p>Repeat 8 to 10 times</p>		<p>Squat lower and hold before pushing sharply through your heels.</p>
<p><i>For quads, glutes, abductors</i></p> <p>Side lunges Stand feet together knees slightly bent. Step out to the side to a bended knee your other leg is straight step back. Repeat on the other side.</p> <p>Repeat 8 to 10 times (both legs is 1 repeat)</p>		<p>Holding a weight to your chest will work your legs and core more.</p>

Strength and conditioning plan

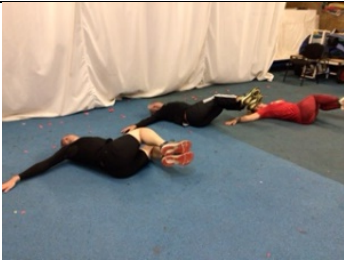
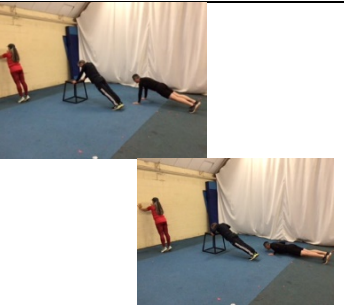
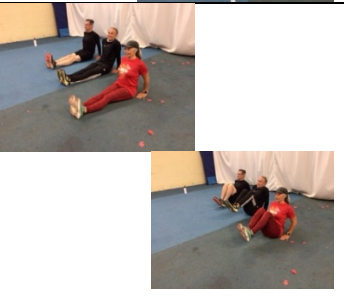

<p><i>For Obliques, hip flexors and abs</i></p> <p>Windscreen wipers Lie flat with knees up feet on the floor. Place arms out to the side flat on the floor. Gently roll your knees to one side as far as is comfortable and return to the middle. Roll the other way.</p> <p>Repeat 8 to 10 times on both sides</p>		<p>Progressions are on the other plans. To begin with do more reps focusing on holding your core.</p>
<p><i>For your entire core</i></p> <p>Plank Either on your hands or elbows. Arms directly under your shoulders. Body in a straight line from heels to shoulders. Gaze to the floor. Hold the position and gently lower.</p> <p>Repeat for a total of 60seconds. Either one x 60 or 2 x 30 etc.</p>		<p>While in a high plank position use core to hold position while tapping alternate shoulders.</p>
<p><i>For glutes, lower back and abs</i></p> <p>Hip raises Lie face up, knees bent with feet flat on the floor. Arms should be straight with hands flat on the floor. Raise hips up till you have a straight line from your knees to shoulders. Slowly roll down your back to the start position.</p> <p>Repeat 20 times</p>		<p>Lift one leg up till a few inches off the floor. Push through the other foot to raise hips keeping raised leg in the same position.</p>
<p><i>For triceps, delts and abs.</i></p> <p>Pullovers Lie flat with legs either flat or knees up (which is easier on your lower back.) Hold a weight directly above you. Keep your arms slightly off lock and move the weight over your head without touching the floor and return to the start position.</p> <p>Repeat 10 to 15</p>		<p>Hold the weight in only one hand at a time which makes your core work harder.</p>

Strength and conditioning plan

Plan 2





Activity	Photo	Possible progression
<p><i>For abs, obliques, delts, biceps and triceps</i></p> <p>Across the body swing Hold a can/weight towards one hip with arms straight and knees slightly bent. Swing your arms up and across your body to the other side. Return and repeat. Follow your hands with your eyes and allow your shoulders to move.</p> <p>Repeat 8 to 10 times</p>		<p>Stand on a wobble board</p>
<p><i>For hamstrings, glutes and quads</i></p> <p>Phoenix Hold 2 cans/weights with hands to your sides. Feet wider than hip distance apart. Slowly squat to a comfortable depth keeping your back straight. As you straighten your legs raise your arms up slightly above shoulder level. Slowly raise to straight leg position</p> <p>Repeat 8 to 10 times</p>		<p>Use a wobble board and/or raise your arms to the front not the side.</p>
<p><i>For lower back and glutes</i></p> <p>One leg dead lift Shift weight to one leg with arms down by your side. Knee slightly bent. Keep your leg straight as you bend forward. Your back should be straight. Raise back up.</p> <p>Repeat 8 to 10 on each side.</p>		<p>Don't touch down after each repeat. Once bent forward lower one arm down towards your feet and then swap. This makes you need to balance even more.</p>

Strength and conditioning plan




<p><i>For obliques, hip flexors and abs</i></p> <p>Windscreen wipers Lie flat with knees up feet off the floor. Place arms out to the side flat on the floor. Gently roll your knees to one side as far as is comfortable and return to the middle. Roll the other way.</p> <p>Repeat 8 to 10 times on both sides</p>		<p>For extension see final plan. At this stage do more reps. Get knees as close to the floor as possible without raising your shoulders.</p>
<p><i>For abs, delts, abs and glutes</i></p> <p>Push ups Lie face down. Palms slightly wider than your arm pits. Palms should be slightly outward facing with fingers slightly inward facing. Push up and extend your elbows but do not lock them as this takes the pressure off your muscles. To make these easier do leaning on a wall or step till a full press up can be done.</p> <p>Repeat 10 to 20</p>		<p>Do half the number of reps with alternatively one leg raised to ankle height to work the core more.</p>
<p><i>For abs, hip flexors and obliques</i></p> <p>Seated crunches Sit with legs outstretched. Arms by your sides with palms on the floor. Bend your knees to your chest and straighten them again whilst keeping your feet off the floor.</p> <p>Repeat 10 to 12</p>		<p>Rather than place your hands on the floor to stabilise yourself, hold your arms out to the side all the time</p>
<p><i>For all parts of your upper and lower arm including the shoulders.</i></p> <p>Bicep curls Stand with feet facing the front about hip distance apart. Using 2 weights. Engage your core. Lift the weights slowly to the front of your shoulder keeping your elbows close to your body.</p> <p>Repeat 10 to 15 or 8 to 10 on single sides.</p>		<p>Lift one weight at a time, increase the weights.</p>

Strength and conditioning plan

Plan 3

Activity	Photo	Possible progression
<p><i>For abs, hamstrings ,glutes, quads</i></p> <p>Single leg squat With arms outstretched gently move your weight to balance on one leg. Keeping your back straight move your leg forward and lower into a squat. Raise up.</p> <p>Repeat 6 to 8 times on each side</p>		<p>Hold a weight or medicine ball.</p>
<p><i>For calves, ankle and plantar in the foot.</i></p> <p>Calf raise Stand legs straight slightly apart. Raise up onto your toes hold and lower. This movement can also be done with slightly bent knees which uses the foot more.</p> <p>Repeat 8 to 10 times</p>		<p>Add some weights</p>
<p><i>For upper and lower back, chest and upper arm.</i></p> <p>Bent over dumbbell row Stand with legs shoulder width apart and knees slightly bent. Bend over with straight back to 45%. Pull the dumbbell up to your chest or by your rib cage. Lower and repeat.</p> <p>Repeat 8 to 10 (both sides or together)</p>		<p>Can be done as a single arm row or a double arm with two weights.</p> <p>To work hamstrings and glutes this same exercise can be done in a lunge position. One leg back straight and the other bent.</p>
<p><i>For obliques, hip flexors and abs</i></p> <p>Windscreen wipers Lie flat with legs up off the floor. Place arms out to the side flat on the floor. Gently roll your legs to one side as far as is comfortable and return to the middle. Roll the other way.</p> <p>Repeat 8 to 10 times on both sides</p>		<p>As you get stronger move your arms closer to your body which makes this exercise harder.</p>

Strength and conditioning plan

<p><i>For obliques, abs and glutes</i></p> <p>Side plank Lie on your side. Rest your upper body on your elbow (directly under your shoulder). Easier version is with lower leg bent and upper leg straight. Harder version is both legs straight. Lift hips off the floor till body is in a straight line. Hold and lower. Your head should be forward facing at all times</p> <p>Repeat 8 to 10 on each side.</p>		<p>When in the 'up position' raise your upper arm into the air.</p>
<p><i>For abs, hip flexors and quads lower back</i></p> <p>Leg crossovers Sit on the floor with legs outstretched. Use your hands to brace your upper body. Swing your legs left over right. Swing wide apart and then together right over left. 2 swings is one repeat.</p> <p>Repeat 10 to 12</p>		<p>Take your hands off the floor and spread them wide. This is harder on your core.</p>
<p><i>For lower back and glutes</i></p> <p>Sky diver Lie face down with arms outstretched. Arch your body lifting both your legs and arms from the shoulders off the floor. Hold and relax. Make sure your legs are straight to fully use your glutes.</p> <p>Repeats 20 to 30</p>		<p>Hold a weight in your outstretched arms.</p>