



# Resistance Training For Runners

Prepared for: The Runners Den



### **Benefits of a Resistance Training Program**

Congratulations on beginning a resistance training program. Regardless of where you are at in your fitness journey you will start to see the benefits of your hard work very soon. However some of the benefits are not always visible to us but we start to feel differently. These benefits include the prevention of osteoporosis by strengthening the bones, the prevention of sarcopenia (the loss of lean muscle tissue), the prevention of lower back pain as well as assisting in improving your insulin resistance, resting metabolic rate, lowering your blood pressure and helping in the reduction of body fat.

### **Muscle Imbalances**

As a runner, you may have at one time experienced or heard of shin splints. While shin splints can arise for a variety of reasons one common cause could be from a muscle imbalance in the lower leg due to the repetitive nature of running. By stretching out the tight muscles and strengthening the weaker muscles as well as sufficient rest from running, the shin splints should heal up in no time.

Other common muscle imbalances include tight hip flexors and weak gluteal muscles, tight hamstrings and weak quadriceps, tight pectorals and weak erector spinae. These are easy to correct with the right stretching and strengthening program.

### **Solution**

These muscle imbalances are easy to correct with the right stretching and strengthening program. The first step is to ensure that you are stretching really well after each run. You will need to hold each stretch for 30 sec-1 min as you relax into the stretch. Find a quiet place where you are less likely to be distracted to complete the stretches.

The next step is to strengthen the weaker muscles. These include the gluteals, tibias anterior, quadriceps, and erector spinae.



## **THE PROGRAM**

### Squats

Place your feet shoulder width apart and your weight evenly distributed between both feet. Begin the movement by hinging your hips back so you are leaning slightly forward. Then bend your knees and lower your hips as if you were going to sit in a chair. Once you are at a 90 degree bend in your knees, squeeze your gluteals and stand up to the starting position.

This exercise will target your quadriceps, gluteals,, and hamstrings.

[https://youtu.be/inegQ48dV\\_Y](https://youtu.be/inegQ48dV_Y)

### Alternating Supermans

Laying face down on a mat, with your arms extended overhead. Tighten the abdominal and gluteal muscles then lift your right arm and left leg simultaneously slightly off of the mat. Pause at the top before returning them to the mat. Reset the abdominals and gluteals, and raise your left arm and right leg slightly off of the mat. After each repetition reset the core engagement before proceeding to the next.

<https://youtu.be/Gui5TqiKjZl>

### Toe Pulls

Begin this exercise by anchoring a band to something stable. Then sitting with your legs extended in front of you, wrap the other end of the band around your toes. Pull your toes towards you. When you do this movement, your legs remain still, just your feet are moving.

For a demonstration of the exercise please refer to the link below.

<https://youtu.be/8ie21bcoRN8>

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## Crab Walks

Using a mini band set around the ankles start with your feet hip width apart. Take 10 small steps sideways keeping tension on the band at all times. Avoid letting your feet come closer than shoulder width apart. Once you have done the 10 steps to one direction, take 10 back the opposite direction.

<https://youtu.be/6-3AuCPXRqU>

Perform the following program 2-3 times per week.

Description	Repetitions	Sets
Squats	15	2
Alternating Supermans	20	2
Toe Pulls using a band	15	2
Crab Walks using a mini band	20	2