

Strength Training for Running and Fitness

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This seminar is on strength training. I will be discussing with you the importance of strength training and I will also be giving you a demonstration of the exercises you can incorporate into your overall exercise program.

Many ask me, “Why do we need strength training?” We need strength training to improve the strength of our tendons, ligaments and joints. These are the things that keep us moving as athletes.

We want to increase the resistance, range of motion, flexibility and endurance of our muscles. For the resistance part, we want to select a weight to carry through for a set period of time. In the range of motion, we want to maximize the length [of the muscle] so that we can bring the exercise through the range of motion. The flexibility is important because we want to maximize the flexibility of the muscle to prevent injury to the muscle. The endurance is being able to have the resistance carried through repetitively for a set time. All these things, all these elements come into play when we want to do something over and over again. And as runners, we are in a repetitive movement. We are asking our body to perform an exercise over and over again. We are perfecting it with by increasing the efficiency and economy of our stride that get us to the finishing line faster.

The routine I will be showing you will be working the 10 major muscles of your upper body and the 10 major muscles of your lower body. Also will be work for your abdominals and your lower back.

Straight Arm Pullover



Starting/Finishing Position



Mid Position

This exercise is called a pullover. We are working the shoulder muscles here. You will be starting with the weights perpendicular to your chest and bringing the weights back behind the head, while keeping the arms as straight as possible. Just go to where you feel

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comfortable with that reach. You are inhaling as you bring the weights behind the head and exhaling as you bring the weights back to that perpendicular position.

Dumbbell Fly



Starting/Finishing Position



Mid Position

This exercise is called a dumbbell fly. You want to start perpendicular to your chest, hands are turned inward. As you go [down] you want to keep the elbows slightly bent. You are working your chest muscles, your pectorals major and minor. Let's keep in mind that we do not want the weights going [below] the shoulders. It's like a big bear hug.

Chest Press



Starting/Finishing Position



Mid Position

This is called a chest press. Again we have the hands perpendicular to the chest. You want to bring the weights down to each side of your chest, inhaling coming and exhaling

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going up. You want to bring the weights up and in to meet each other, so you keep the alignment of your arms, especially keeping your elbows directly under your shoulders.

Bicep Curl



Starting Position



Bring up



Mid Position



Lower



Finishing Position

This exercise is called a bicep curl. In this exercise we want to make sure we have the knees bent, the stomach is contracted, and we are supporting the lower back. We want to make sure the elbows are staying close to the body. You are turning the weights as they come up to meet the shoulders and then slowly controlling the weight back down as you

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lower them into the neutral position. Again, breathe in going down and exhale when you lift the weights.

Upright Row



Starting/Finishing Position



Mid Position

This exercise is called an upright row. It primarily works your trapezes muscles, along with your deltoids – you shoulder muscles. We want to keep the weights together, knees slightly bent, stomach contracted, with the lower back supported. Exhale as you bring the weights up under the chin and inhale as you bring those weights down.

Tricep Extension



Starting/Finishing Position



Mid Position

This exercise is called a tricep extension. Here we want to bend to a 45 degree angle. Knees are bent. The stomach is contracted. We are primarily working out the back of the arms. We're concentrating on extending the arms up to the ceiling or sky. We want to also make sure we are keeping the elbow in line with the back. The back should remain straight at all times. You should turn the wrist as you reach up.

Lateral Raises



Starting/Finishing Position



Mid Position



Starting/Finishing Position (side)



Mid Position (side)

Here we have the lateral raises. We are concentrating now on the shoulder muscles, your deltoids. Here again we want to make sure the knees are bent and the stomach is contracted. You want to make sure you bring the elbows up inline with your shoulders. [From a side view,] Make sure the weights stay in-front of the shoulders.

Front Arm-Raises



Starting/Finishing Position



Mid Position

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Starting/Finishing Position (side)



Mid Position (side)

This exercise is called front arm-raises. You are primarily working the anterior deltoids, that is your shoulder muscle. We're looking to keep the knees bent. The stomach is contracted to support the lower back. You want to raise the weights up to the level of your shoulders. You want to make sure at all times that you do not have a rocking motion, either forwards or backwards.

Bent-Over Row



Starting/Finishing Position



Mid Position



Starting/Finishing Position (side)



Mid Position (side)

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This exercise is called a bent-over row. Here we want to be bending over at a 45 degree angle. You will be working out the biggest muscle in your back, which is the latissimus dorsi. Things to remember in this, at the beginning of this exercise you need to make sure the weights are directly below the shoulders and you are lifting that weight to each side of your chest, exhaling going up and inhaling coming down. And, the back should remain straight at all times.

Shoulder Press



Starting/Finishing Position



Mid Position



Starting/Finishing Position (side)



Mid Position (side)

This exercise is called a sholder press. You are primarily working out the shoulder muscles, the deltoids. You want to exhale as you lift he weights above the head and inhaling as they come down to meet your shoulders. Things to remember in this exercise are the weights stay slightly infront of your shoulders (from a side view), both when you arms are extended and when the weights are down to meet the shoulders.

Side Bend



Starting/Finishing Position



Mid Position

This exercise is called a side bend. You are going to work one side first. You are primarily working out your obliques. These muscles are very important for us running. We want to reach over where we're comfortable with the stretch, exhaling as you bring the weight up beside your chest, inhaling as you come back to the neutral position. Your alignment is very important in this exercise. You want to make sure your shoulder stays in line with your knee and the legs remain straight at all times. You want to make sure as you go to the side your shoulder is not going in front or behind your hip.

Rear Leg Lift



Starting/Finishing Position



Mid Position

This exercise is called a rear leg lift. We are working the biggest muscle in our butt, the gluteous maximus along with the hamstrings. You want to keep in mind keeping the back straight. The shoulders are also straight with no rotation. And we want to bring the leg up where we feel comfortable with the height.

Side Leg Lift

Starting/Finishing Position



Mid Position

This exercise is called a side leg lift. In this one we want to make sure the back remains straight and your shoulders are in line with your hip. You want to bring the leg up to where you feel comfortable with the height, your foot is flexed. You are working your adductors in this exercise, the hip area.

Front Leg Raise

Starting/Finishing Position



Mid Position

This exercise is called a front leg raise. You are working out primarily your quads, hip flexors and of course your abdominal muscles. You want to make sure you are keeping the back straight in this exercise, the stomach contracted, and you are raising your leg to where you are comfortable with you height.

High Knee Lift



Starting/Finishing Position



Mid Position

This exercise is called a high knee lift. We would start with a full extension. We are working on the supportive leg. You will be working your quad and glut muscles. And the leg in motion, we are working primarily on the hip flexors. The back should remain straight at all times. And we want to get a good lift by coming off of the ball of the foot on the supportive leg.

Squats



Starting/Finishing Position



Mid Position



This exercise is called squats. You are working primarily your quadriceps, that is the front of your upper legs and your gluteus maximus, which is your butt muscle. Two important things to remember when doing this exercise: (1) keep your back straight at all times, (2) on that downward motion make sure you do not go further than when your quadriceps are parallel to the ground. Also remember to inhale on the way down and exhale on your way back up.

Lunges



Starting/Finishing Position (side)



Mid Position (side)

This exercise is called lunges. Here we are working the quadriceps again and the gluts. We are stepping out there. Make sure your knee is directly over your foot. In the back leg, we want to make sure your knee is directly inline with your hip. Your back remains straight at all times in this exercise, a very important thing to remember for keeping balance and posture.

Straight Leg Lift



Starting/Finishing Position



Mid Position

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This exercise is called a straight leg lift. If you want to support your back, you can put your hands underneath your tail bone which is called your coxycx. We are working out primarily our quads, hip flexors and abdominal muscles. We are working to bring our foot up to a perpendicular position to our hip. Again, exhale as you lift and inhale as you go down.

Scissor



Starting/Finishing Position



Mid Position

This exercise is called a scissor. We want to make sure we bend the knees so we can bring the feet up, positioned perpendicular with your hip (or the ground). We are working the abductors, which are your inner thighs. Stomach should be contracted at all times. Again the hands are underneath the butt to support your lower back. On the extension, you want to make sure you go out to where you feel comfortable and can bring that weight back to the neutral position.

Rear Leg Kicks



Starting/Finishing Position



Mid Position

This exercise is called rear leg kicks. We are primarily working on your gluts and the hamstrings. We want to make sure in the supportive leg that you knee is directly under

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your hip, your back remains straight at all times, and your arms are supporting your shoulders where your hands are directly underneath your shoulders.

Crunches



Starting/Finishing Position



Mid Position

This exercise is called crunches. We are working the abdominal muscles. Things to remember: your elbows are fully extended out and your chin is away from the chest. You are exhaling as you crunch bringing your shoulders off the ground and inhaling as you go back down.

Oblique Crunches



Starting/Finishing Position



Mid Position

Here we are working on our obliques, the muscles on the side of your waist. These are your running muscles. These muscles are very important for our speed and balance. What we are looking at here is for the elbow to be fully extended out. Chin is away from the chest. Come up and over in the direction of the opposite knee.

Bent Knee off the Floor Crunches

Starting/Finishing Position



Mid Position

This exercise is called bent knee off the floor. Here we want to make sure we have the feet flexed. We have the knee and the hip at a 90 degree angle and the upper body, just like the previous adnominal exercises we have the elbows extended and the chin away from the chest.

Hyper-extension

Starting/Finishing Position



Mid Position

This exercise is called a hyperextension. It is very important for supporting and strengthening our lower back. We are primarily working the erector spine muscles. In this exercise we want ot be lifting the feet and shoulders at the same time. Lift to the height that you feel comfortable with.

Be Strong and Reach that Line

By devoting two days of strength training a week you will improve your strength, along with the economy and efficiency of your stride. And we know what that means. It gets you to the finish line faster. So enjoy, be careful and look forward to the rewards.