

Strength Training Tips

from OhioHealth Sports Medicine Runner's Clinic

Strength training can improve running performance and help prevent injury. Runners should include total body strengthening exercises, focus on core stability, hip strength, and single sided exercises. These five exercises will get you to the finish line.

- 1. Single Leg Russian Dead Lift.** Knees should be straight but not locked. Keep your back straight, bend at hips. Slowly lean forward, until you can no longer maintain form or your knees start to bend. Keep your shoulders and torso square. Repeat. 2 sets of 10-15. To make it more challenging, hold a light dumbbell in your hand.
- 2. Plank.** Get into a push up position; body straight with hips turned under and belly button pulled in toward spine. Keep hips and shoulders square. Hold this position until you start to lose form. Repeat 2-3 times. Work up to holding position for 30-60 seconds.
- 3. Side Plank.** Start in a side lying position with your body in a straight line. Push up so that your elbow is directly under your shoulder. Keep your shoulders square and your body straight. Don't let your hips sag or your torso to rotate forward or back. Hold until you start to lose form. Repeat 2-3 times.
- 4. Bridge with Knee Extension.** Start lying on your back. Lift your hips to make a straight line from your knees to your shoulders. Shoulder blades stay on the ground. Hold this position. Slowly straighten one leg at a time and hold until you start to lose form. Repeat 2-3 times on each side.
- 5. Straight Leg Raise in Abduction.** Start in a side lying position. Tighten your quad and push your knee straight. Lift the top leg toward the ceiling slowly, with control. Avoid rotating your body forward or back. Keep your toes in line with your leg; don't let your toe to turn out.

