

# Get Set, Ready...Run!

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Whistler Valley Trail Run Newsletter

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## Run from a position of strength

### Special points of interest:

- Strength Training for Runners
- Stave off Thirst
- Give it a Stretch

Recent studies have shown that as few as six weeks of proper weight training can significantly reduce or completely relieve kneecap pain or "runner's knee."

In last week's newsletter I introduced the concept of including strength training NOW into your weekly prep for the Whistler Valley Trail Run.

Doug Lentz, CSCS has these words to say regarding the importance of strength training for runners:

"There are at least three good reasons for distance runners to acquire a sizeable level of general strength in both the legs and the upper body. First, workloads of greater intensity can be managed more easily. Second, greater muscular strength decreases the risk of joint injury or overuse strain by minimizing connective tissue stress (bone, ligament, tendon, or cartilage) which plays a part in maintaining joint integrity. Third, a progressive resistance exercise program helps strengthen these connective tissues, making the entire support system more durable."

No matter your experience as a runner, consistent work on your strength also improves running economy or efficiency. Simply improving your run economy will allow you to run faster over a given distance and/or allow you to run longer before hitting exhaustion.

### Strength Training Do's

Here are a few simple guidelines to follow before hitting the gym:

**Train regularly**, to reap the most benefits. 1- 3 x/ week.

**Train the right muscles** that will be of greatest benefit to running. Forget the beach workout! Think



of what you use to run and focus on strength in those areas.

**Ensure muscle balance** by training the front and back of each joint.

**Provide a progressive challenge**. In order for strength to occur you need to challenge your muscles. You should feel momentary muscle fatigue when completing your desired number of reps. As your strength increases so does the weight you lift.

**Work the muscles throughout their full range of movement** so you can tap into strength through each range & prevent injury.

**Recover!** Give 1- 2 days between strength workouts to allow the muscles to adapt.

**Focus on** performing each exercise with attention to posture, form and breath.

### Strength Exercises

If you have not been partaking in a strength training program of late, here are a few simple exercises to start with:

**Squat:** the squat works the quads, glutes and hamstrings. Ideally to get the glutes involved you need to get 90 degrees at the knees. Work on this by squatting to touch your tail bone to a chair.

**Seated Row:** works the lats, rear shoulder and rhomboids, all of which are needed in a good arm drive/swing (especially up hills!).

**Split Squat:** stationary lunge...helps to strengthen your stride by focusing on hamstrings, opening of hip flexors and some glute medius.

**Push-up:** the classic strengthener for the chest and triceps. Can be done on a wall, bench or on the floor.

**Calf Raise:** our calves provide propulsion forward and need a lot of strength.

**Plank:** great for all over trunk stability. Hold for 10-30 secs.

Yup, just six exercises to get you started.

Visit the WVTR Training Blog for more info: <http://wvtrtraining2009.blogspot.com>.

## Stave off Thirst!

Water is the most essential ingredient to a healthy life. Water has many important functions in the body including: Transportation of nutrients / elimination of waste products; Lubricating joints and tissues; Temperature regulation through sweating; and Facilitating digestion.

Adequate fluid intake for athletes is essential to comfort, performance and safety. The longer and more intensely you exercise, the more important it is to drink the right kind of fluids.

### Adequate Fluid Intake for Runners

Because there is wide variability in sweat rates, losses and hydration levels of individuals, it is nearly impossible to provide specific recommendations or guidelines about the type or amount of fluids athletes should consume. Finding the right amount of fluid to drink depends upon a variety of individual factors including the length and intensity of exercise and other individual differences. There are, however, two simple methods of estimating adequate hydration:

**Monitoring urine volume output and color.** A large amount of light colored, diluted urine probably means you are hydrated; dark colored, concentrated urine probably means you are dehydrated.

**Weighing yourself before and after exercise.** Any weight lost is likely from fluid, so try to drink enough to replenish those losses. Any weight gain could mean you are drinking more than you need.

### General Guidelines for Fluid Needs During Exercise

While specific fluid recommendations aren't possible due to individual variability, most athletes can use the following guidelines as a starting point, and modify their fluid needs accordingly.

**Hydration Before Exercise:** Drink about 15-20 fl oz, 2-3 hours before exercise; Drink 8-10 fl oz 10-15 min before exercise

**Hydration During Exercise:** Drink 8-10 fl oz every 10-15 min during exercise. If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15 - 30 minutes.

**Hydration After Exercise** Weigh yourself before and after exercise and replace fluid losses. Drink 20-24 fl oz water for every 1 lb lost.

Consume a 4:1 ratio of carbs to protein within the 2 hours after exercise to replenish glycogen stores.

*Courtesy of [www.sportmedicine.about.com](http://www.sportmedicine.about.com)*

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## Give it a Stretch!



**Take time to do two to three important stretches each day.**

Stretching is an important part of any training plan as well as for daily activity.

Our jobs tend to leave us in stationary positions for long periods of a time, shortening our range of motion across joints and decreasing the flexibility in muscles.

While you get the most bang for your buck stretching after you have warmed up (like post workout) you can stretch at any time of day.

The key is to focus on keeping the stretching at a 3 or 4 out of ten.

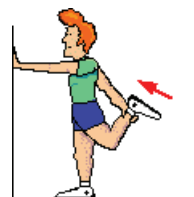
Here are a couple of stretches that are particularly important to runners:

### Hamstring Stretch



Use a towel or rope wrapped around the midfoot, gently straighten the leg and hold for 30 secs. Repeat on other leg.

### Quad Stretch



Stay supported by placing a hand on a wall; maintain a tall posture; tilt pelvis under to put more stretch on front of hip. Hold for 30 secs.

### Iliotibial Band Stretch



Lie on one side, placing legs in an exaggerated running position, bottom leg up towards chest. Get top one close to glutes. Hold 30secs.

*Pictures courtesy Cool Running*