



## Why should runners strength train?

According to **Jason Fitzgerald**, a USATF-certified running coach, founder of Strength Running in Denver, Colorado runners need to strength train in order to:

- Prevent injuries by strengthening muscles and connective tissues

- Help you run faster by improving neuromuscular coordination and power
- Improve running economy by encouraging coordination and stride efficiency
- As a runner, you need to train for strength and not to bulk up with massive muscle gains.

# STRENGTH TRAINING FOR RUNNERS

*Want to run better and faster?  
Then you need to strength train.*

## Here are five rules to make sure you're doing it right

1. Lift year-round, but back off during racing season
2. Work to build maximum strength all year round, but dial back on the strength training frequency during race season to ensure you don't cut into recovery time.
3. Choose Functionally Superior Exercises
4. The strength and neuromuscular improvements that can be gained from exercises like squat and deadlift variations are far more advantageous to running than isolation curls. If you do not have access to a coach who can help with the proper and safe lifting techniques for these exercises, you can check out the exercise database on [Bodybuilding.com](http://Bodybuilding.com).
5. Train Within a Spectrum of Sets and Reps
6. Reps refer to the number of times you perform the same exercise, and sets refer to the total number of times you perform the exercise in distinct groups. Focus on lifting weights that challenge you in the 5-rep-or-less range. This means that you should choose a weight that makes you feel like your muscles are on fire by the fifth rep.
7. Lift Weights with A Ballistic Intent
8. Move the weight as fast as possible, while keeping the best form and technique.



9. This will help build explosive power for times when you need to really push off in the last leg.
10. Jump, Hop, And Skip
11. Strength training is not all about weights. Frog jumps, jump squats, bounding, quick high-knees—are all forms of explosive bodyweight training called plyometric training. This form of training will help improve the stretch-shortening cycle of your lower limbs by making joints, tendons, and muscle less stiff.

Preparation is vital for So Sri Lanka **IRONMAN 70.3 Colombo Triathlon**. Strength training builds muscles and helps you build endurance and allows you to run longer.



**IRONMAN  
70.3  
Colombo  
Triathlon  
24th Feb  
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