



Leading the  
fight against  
dementia

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The Guide to Better Running

Part Six - Strength and Conditioning

# Strength and Conditioning - a guide

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## The Finger Crusher

Get into a sit up position, find the natural arch in your back, place your hands under the arch, engage your lower abs and pelvic floor and push your spine down on to your hands, trying to crush you fingers.

**The next level:** Do slight alternate leg lifts, while still keeping the pressure on your hands even.

## The Side Plank

Make a right angle with your supporting arm, your feet together and your stomach strong. Rise up, making sure you squeeze your glute and push your pelvis through. Hold it for 30 seconds.

**The next level:** Lift your free arm into the air, keep your side really strong, and don't let your middle sag.



## The Plank

Keep a straight line from the neck down through the legs to your ankles, engage all your core muscles by sucking your belly button up to the ceiling. Keep your chest over your elbows.

**The next level:** Hold this for 30 seconds to one minute and build it up gradually. If this is too hard to begin with, you can avoid lower back pain by doing this with your knees on the ground.



## The Bridge

From the sit up position, keep your stomach strong, engage your glutes and roll up into a bridge. Keep your hips high by squeezing your glute muscles.

**The next level:** Make this tougher by crossing your arms over your chest.



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## Press-up

Press-ups are a key exercise to improve your arm swing when running. They work your pecs, triceps, abs and lower back. Every male runner should eventually be able to do 30 to 40. Place your hands shoulder and a half's width apart, get into the plank position, lower your chest to the floor and push back up, not just pushing through your chest and arms, but also through your core.



## One Legged Squat

This also works everything in a full chain movement. Stand on one leg, engage your glute on your standing leg, keep your hips facing forward and aligned with your knee and toe. You don't want your knee to roll inwards, so go down as far as you can without that happening.

**The next level:** You can use a Swiss ball between yourself and a wall for balance.



## Split Leg Lunge

This works the running muscles in a full chain movement. Point your toes forward, keep your back heel lifted and with hands on hips, lunge down, squeezing the glute of your rear leg. Make sure everything goes down in the centre and not forwards. Your knee should NOT be over the front of your toes, lunge forward with a bent back knee.

**The next level:** Once you've nailed this move, you can progress to driving the knee up from the lunge.

