

SEVEN STEPS TO RUN STRONGER

Visit the Men's Running website at

for video demonstrations of these magnificent seven

1 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 your fingers.

PIMP IT: Do slight alternate leg lifts, while still keeping the pressure on your hands even.



2 THE PLANK

Keep a straight line from the neck down through the legs as you sink, engage all your core muscles by sucking your belly button (we did that to a 9.1m a bit once, we got thrown out) up to use ceiling, keep your chest over your elbows.

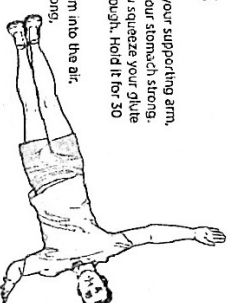
PIMP IT: Hold this for 30 seconds to one minute and build it up gradually. If this is too hard to begin with, you can avoid lower back pain by doing this with your knees on the ground.



3 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 palms through. Hold it for 30 seconds.

PIMP IT: Lift your free arm into the air, keep your side really strong, and don't let your middle sag.



4 THE BRIDGE

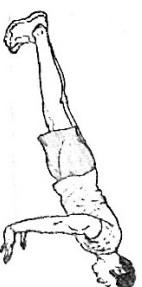
From the sit-up position, flex your stomach strong, engage your glutes and roll up into a bridge. Keep your hips high by squeezing your glute muscles.

PIMP IT: Make this tougher by crossing your arms over your chest.



5 PRESS-UP

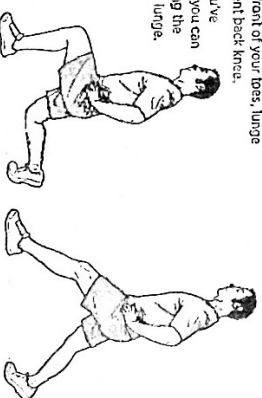
Press-ups are a key exercise to improve your arm swing when running. They work your pectorals, triceps, abs and lower back. Every male runner should eventually be able to do 50 to 100. Place your hands shoulder and a half's width apart, get into the plank position, lower your chest to the floor and push back up, not just pushing through your chest and arms, but also through your core.



6 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.

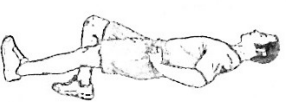
PIMP IT: Once you've nailed this move, you can progress to driving the knee up from the lunge.



7 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.

PIMP IT: You can use a Swiss ball between yourself and a wall for balance.



HOW TO GET FITTER

No gym? No worries. You can build a rock solid runner's core with these seven exercises without leaving your living room. Just turn Jeremy Kyle off, will you?

STRENGTH

Strength and conditioning for runners is always the element of training that goes out the window. You just want to run, right? The truth is, without a strong core, the strength of your key running muscles, you will increase the risk of injury as you run further and train more often. You need to be strong enough to run any distance from 5K right up to the full marathon.

Strength and conditioning can be made to sound far too complicated when, in fact, you don't need a gym or any equipment at all. Complete these seven simple exercises in your own living room, in a park or even in the office if you've got the space, and a boss who doesn't mind you bashing out press-ups in front of the photocopier. Off you go.

STRETCHING SHEET



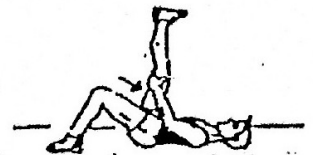
1. GLUTES



2. BUTTOCKS



3. HAMSTRINGS



4. HAMSTRINGS



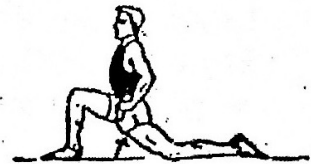
5. TRUNK ROTATORS



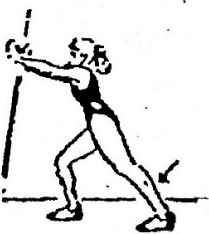
6. ADDUCTERS



7. QUADS



8. HIP FLEXORS



9. CALF GASTROC.



10. CALF SOLEUS



11. ABDOMINALS



12. ARM BACK



13. ARM & PECTS



14. TORSO BACK



15. TORSO SIDE



16. NECK

STRETCHING DESCRIPTIONS

Glutes (Maximus and Minimus)

Sit with one leg out straight. Cross the other leg over, keeping knee bent. To feel stretch in backside hug bent knee into chest. Keep back straight.

Hamstring (Origin point in buttocks and glutes)

Lay on back. Pull one leg up to chest and hug with both arms. Keep one leg straight on floor keeping ankle flexed.

Hamstring (Belly)

Lay on back. Keep one leg on the ground. Raise other leg holding the back of the calf. Bring up to feel the stretch in the middle (or belly) of the hamstring. Use a rope or towel around the foot to help if you need to.

Hamstring (insertion point – i.e., behind knee)

Repeat stretch above but this time with a straight leg. Flex ankle to feel stretch in behind the knee. Use a rope or towel around the foot to help if you need to.

Lower back / IT band

Lay on back. Bring one leg up to chest and rotate to lower knee to floor using opposite arm as a weight. Keep one leg straight on floor keeping ankle flexed and keep shoulders on floor. Other arm should be straight out at shoulder level.

Groin stretch (adductors)

Sit with back straight. Bring ankles together and pull legs into body. Rest elbows on the knees / inside of legs and press down until you feel the stretch.

Quads

Best done lying on your side in a straight line. Grasp the top ankle with the same side hand and bring heel to backside. Hips should be pushed forward. If you do this stretch standing and lose your balance, you have weak core stability.

Hip flexors

Kneel on one knee. Take the other leg forward with a large stride. Push hips downwards until a stretch is felt in the front of the hips/quads.

Calf stretch (Gastrocnemius)

Stand with feet shoulders width apart. Take one foot forward and keep feet parallel. Maintain the arch in the forward foot by pressing down with the toes to stop foot rolling in. Straighten back leg and feel stretch in top area of calf

Calf stretch (Soleus)

Repeat position above. But this time bend back leg to take stretch into lower calf above Achilles.

A few points to remember:

- * Don't forget to stretch both legs and repeat holding stretch for 40-45 seconds each time
- * Never stretch cold muscles. The main benefit for endurance runners is stretching after the run.
- * Unfortunately running makes your muscles shorter and tighter.
- * A good stretching routine will help to restore the muscle balance and allow you to be more flexible.
- * Do not underestimate the value of cross training, massage and stretching in your schedule

Veterans

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	Rest or 30-45 mins rec run and core conditioning	Am - 30-40 mins easy run Pm - 4 x 5 mins threshold (2 min jog recovery)	45-60 mins easy run and core conditioning	Am - 30 mins Pm - 30 mins progression run 10 easy, 10 steady, 10 threshold	Rest	4 x 5 mins at continuous/ Kenyan hills. 2 mins jog rec - warm up and cool down well	75 mins relaxed run
2	Rest or 30-45 mins rec run and core conditioning	Am - 40 mins Pm - 5 x 5 mins at threshold (90 sec recovery)	60 mins relaxed run and core conditioning	Am - 30 mins easy run Pm - 30 mins progression run of 10 easy, 10 steady, 10 at threshold	Rest	4 x 6 mins at continuous/ Kenyan hills. 2 min jog rec. Warm up and cool down well	80-90 mins relaxed run
3	Rest or 30-45 mins rec run and core conditioning	Am - 30 mins Pm - 6 x 5 mins at threshold (90 sec recovery)	60 mins relaxed run and core conditioning	Am - 30 mins easy Pm - 45 mins progression run of 15 easy, 15 steady and 15 at threshold	45 mins easy run	5 x 5 mins at continuous/ Kenyan hills. Warm up and cool down well	90 mins with last 15 at HM pace if you feel good
4 Easy week	Rest	Light fartlek session of 5,4,3,2,1 mins off 90 sec jog built into a 45 mins run	45 mins relaxed run and core conditioning	30 mins easy run	Rest	5k parkrun time trial OR 45 mins with middle 20-25 at threshold	80 mins easy run
5	Rest or 30-45 mins rec run and core conditioning	Am - 30 mins Pm - 10 mins threshold, 4 x 3 mins at 10k pace, 10 mins threshold	60-70 mins easy run	Am - 30 mins easy run Pm - 45 mins (15 easy, 15 steady, 15 HM pace)	Rest	45 mins recovery run and core conditioning	1.40 with 3 x 10 mins at HM pace built into the last 60 mins off 3-5 mins easy run rec
6	Rest or 30-45 mins rec run and core conditioning	Am - 30 mins easy run Pm - 45 mins easy run	60-70 mins easy run	Am - 30 mins easy run Pm - 60 mins inc 2 x 15 mins at threshold off a 5 min jog	Rest	10 mins threshold and 5 x 2 mins at 5k pace and 10 mins threshold (2 mins between each effort)	90 mins easy run
7 Easy week	Rest or 30-45 mins rec run and core conditioning	Am - 40 mins easy run Pm - 6/8 x 800 (even nos at HM pace/odd nos at 5k pace) 90 rec	45-60 mins easy run	30 mins progression run with 10 easy, 10 steady and 10 at threshold	Rest	30 mins easyrun	Ideal 10k or shorter race. If not racing run 90 mins with the last 30 at target half pace
8	Rest or 30-45 mins rec run and core conditioning	60-75 mins easy run	Am - 30 mins easy run Pm - 30 mins easy run	Am - 40 mins Pm - 5 x 1600/400 (1600 at HM pace/400 at 5k pace) 45/90 sec	45 mins easy run or rest	45-60 mins hilly run. Easy on flat but attack hills.	2 hours with last 20 at threshold if you feel good
9	Rest or 30-45 mins rec run and core conditioning	Am 40-60 mins easy run Pm 45 mins (15 easy, 15 steady, 15 HM pace)	Am - 30 mins recovery run Pm - 60 mins steady run	Am - 45 mins easy run Pm 1200/400 x 5 (1200 at 10k pace, 400 at 3k pace) 45 sec/90 sec rec	Rest	45 mins recovery run	80-90 mins with 3 x 15 mins at threshold/HM pace off 5 min jog rec
10	Rest	Am - easy 30 mins rec run Pm - 3 x (4x400) with rec of (60,40,20 sec) 2 mins between sets	45 mins easy run and core conditioning	Am - 30 mins easy run Pm - Rest or 30 sec and stretch	Rest	5k parkrun or 45 mins with the last 5k fast	2 hours relaxed with the last 20 mins at threshold
11	Rest or 30-45 mins rec run and core conditioning	Am - 40 mins easy run Pm - 40 mins steady run	Pm - 80/90 mins inc 10 x 3 min threshold/3 mins steady in the middle 60	Am - 30 mins easy run Pm - 30 mins easy run and core	Rest	5 x 5 min at threshold off 90 easy jog	60 mins relaxed run
12	Rest or 40 mins easy run	Am - 30 mins easy run Pm - 4 x 3 mins at HM race pace (90 rec)	50 mins easy run	Am - 30 mins easy run	Rest	20-25 mins easy run	Half marathon race day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Run 30-mins	Rest	Hill training 30-mins	Rest	Strength training & Stretching	Rest	Run 45-mins
WEEK 2	Rest	Run 30-mins Fast run for 5-mins Run 15-mins	Rest	Run 30-mins Strength training & Stretching	Cross training / circuit class / swim / or bike 45-mins	Rest	Run 50-mins incl. 5-mins easy; 5-mins faster x 5
WEEK 3	Run 30-mins	Rest	Run 30-mins Strength training & Stretching	Rest	Hill training 40-mins	Rest	Run 60-mins
WEEK 4	Cross training / circuit class / swim / or bike 45-mins	Rest	Sprint training 5-min warm up 200m sprint with 2-mins recovery between Repeat x 6	Rest	Run 30-mins Strength training & Stretching	Rest	Run 60-mins incl. 5-mins easy; 5-mins faster x 6
WEEK 5	Rest	Run 30-mins Strength training & Stretching	Rest	Hill training 45-mins	Rest	Rest	Run 60-mins incl. 5-mins easy; 10-mins faster x 4
WEEK 6	Rest	Run 30-mins Strength training & Stretching	Rest	Sprint training 5-min warm up 400m sprint with 4-mins recovery between Repeat x 4	Cross training / circuit class / swim / or bike 45-mins	Rest	Run 75-mins
WEEK 7	Rest	Run 45-mins	Rest	Run 30-mins Strength training & Stretching	Rest	Women's Running Bristol 10K. Try to run the whole way or run 5 mins/1 min all the way	Rest
WEEK 8	Rest	Run 30-mins Strength training & Stretching	Rest	Hill training 45-mins	Cross training / circuit class / swim / or bike 45-mins	Rest	Run 90-mins
WEEK 9	Rest	Run 30-mins Strength training & Stretching	Rest	Sprint training 5-min warm up 800m sprint with 5-mins recovery between Repeat x 3	Rest	Rest	Run 90-mins incl. 5-mins easy; 5-mins faster x 9
WEEK 10	Rest	Run 30-mins Strength training & Stretching	Rest	Hill training 45-mins	Cross training / circuit class / swim / or bike 45-mins	Rest	Run 100-mins
WEEK 11	Rest	Sprint training 5-min warm up 400m sprint with 4-mins recovery between Repeat x 4	Rest	Hill training 45-mins	Rest	Rest	Run 110-mins
WEEK 12	Rest	Run 30-mins Strength training & Stretching	Rest	Easy 30-min run	Swim	Rest	Half marathon race day. Good luck!