



## A Balanced Fitness Routine for Running



It's wet and cold outside as you get ready for your next training run, your legs are already tired before you start and those little niggles are starting to tighten up the back!

All is not lost as going back to basics and working on a balanced fitness routine to compliment your running will lead to an improved overall performance and fewer injuries.

There are 3 areas of fitness to consider:

- 1) Stretching
- 2) Strength & Core work
- 3) Recovery

### Stretching

A stretching routine is important for

- Injury Prevention - sticking to a stretching programme to cover the major muscle groups will assist you in preventing fewer injuries.
- Enhance Sports Performance – by stretching regularly, you will improve your range of motion which leads to improved stride length and more efficient running.

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### Strength & core work

A regular strength workout is great for:

- Conditioning your body – a general full body workout will prepare your body for the aches and pains you will receive as you start pounding the pavements.
- Posture and back maintenance: - focusing on the abdominals and back muscles will also keep your posture and back in good working order for running and the rigors of everyday life.

### Recovery

Recovery strategies that will make the difference:

- Regular massages – improving blood circulation to those tired muscles are a great booster for the body physically and the mind mentally. You will also reduce the chance of injury with well maintained muscles.
- Plenty of rest: - listen to your body and let your body re-charge with plenty of regular quality sleeps at night. We underestimate what a difference a good 8 hour sleep can have on the body!

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