

## WHY IS STRENGTH TRAINING IMPORTANT FOR RUNNERS?

You might think of strength training as something that isn't important for runners, but in fact the opposite is true. Here are some reasons why strength training will be beneficial to your running.

### Increased running speed

By doing specific strength training the muscles you use for running will get stronger and more powerful, enabling them to generate more power as they make contact with the ground, meaning you will be able to run faster.

### Increased endurance

Strength training can also improve your endurance by increasing resistance to fatigue, something which is clearly important when running long distances.

### Increased explosive power

Strength training in the form of plyometrics, a more explosive form of strength training, can help to increase not only your agility and co-ordination (which would be helpful for trail running), running economy, speed and reduce your risk of injury.

### Reduced injury risk

Very often when we are injured and go to see a physio we will be given a series of strength exercises to do to help with our injury rehabilitation.

Strength training can also be used as a preventative measure to reduce your injury risk. A well-rounded strength programme can help you iron out any muscle imbalances you may not even be aware you had. This will help you to avoid injury, making you a more consistent runner.

### How to get started

When you are starting out with strength training it is important to get the advice of a specialist. This is because what strength programme might work for someone else in your gym may be entirely unsuitable for you. A good strength and conditioning coach will be able to advise you on what you should be doing. They should also assess you for any imbalances and take into account any injuries you have to create a personalised programme for you.