



Great Dalata Charity Run

Stronger Strides: Incorporating Strength Training

Whilst the Great Dalata Charity Run is centred around clocking up miles and building on your cardio, keeping your muscles strong can be overlooked in the process. To elevate your running performance and aid in reducing chances of picking up an injury, incorporating some strength sessions per week can make a huge difference.

When we talk about strength training, it doesn't always have to be done in a gym setting, all you need is your body and an open space. We'll cover a home-based session later in this article...

Let's look at how implementing strength training can improve your performance:

- As running is a repetitive motion that is carried out over long durations, having strong supporting muscles is vital in optimizing performance. Some of the muscles utilized in running that would benefit from weekly strength sessions include core, glutes and leg muscles.
- If you experience any of the following symptoms these muscle groups could benefit from some localized strength training; joint pain, shin splints and back issues. While these issues can arise for many different reasons, if you experience any of these whilst running, why not try incorporating some strength work to build up your body's functional strength.
- Just 1-2 strength sessions per week can help maintain a solid posture, keep your knees happy and optimize your running stride.

Strength Training for Mental Health:

- In addition to the dopamine release from engaging in regular runs, strength training can be an excellent way to blow off some steam after a long day in the office. Maintaining a strong posture, reducing stress levels and supporting your overall health and self-efficacy.
- Many studies have highlighted strength training's positive effects in reducing symptoms of anxiety and depression by giving structure to your week, creating a routine, and offering a focused space to channel your emotions – all essential in promoting positive mental health and wellbeing.

Let's look at 2 home-based strength sessions you can implement into your weekly routine (and don't forget your warmup and cool-down 😊).

Strength Session 1: Upper Body and Core Focus

Exercise	Reps/ Time	Modification**
Push ups	10-15 reps	<i>Do on knees if needed</i>
Plank shoulder taps	10 (each side)	
Superman hold	20-30 seconds	
Chair triceps dips	10-15 reps	<i>Bring feet closer to body if needed</i>
Plank	30 – 45 seconds	
Note: complete this circuit 2-3 times		

Strength Session 2: Lower Body Focus

Exercise	Reps/ Time	Modification**
Bodyweight Squats	15 reps	
Glute Bridges	15 reps (squeeze at top)	
Reverse Lunge	10 (each leg)	<i>Use something to hold onto if needed</i>
Wall Sit	30-45 seconds	
Calf Raise	15-20 reps	
Note: complete this circuit 2-3 times		