

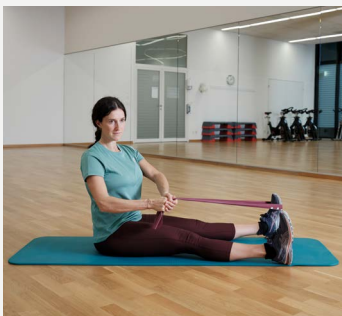
Greater strength, greater performance

Add strength training to your running training once or twice a week. This can help you improve your performance.

How to do it and how often

- Warm up first. Then do a little stretching.
- Repeat every exercise 10 to 15 times, depending on your fitness. That's one set.
- Do two to three sets of each exercise and rest for a minute in between.
- Do the strength exercises slowly and concentrate on execution.
- Abandon the set if you can no longer perform the exercise smoothly or it starts to hurt.
- Discuss the exercises with a specialist beforehand if you have any injuries.

Core rotation



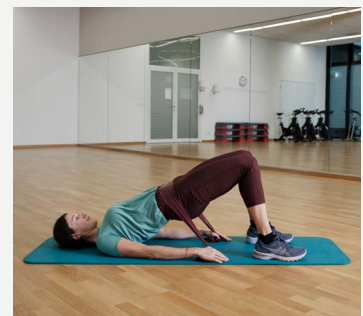
Sit up straight, legs slightly apart and knees slightly bent. Wrap the Theraband around your foot and pull the ends up taut in front of your chest. Your arms should be bent, your shoulders lowered. Now turn your upper body in the opposite direction to pull the band resistance tighter. Keep your hands in the same position. Hold that position briefly, then rotate back slowly. The band's resistance will lessen but it will remain in place.

Deadlifts



Stand with your feet shoulder-width apart. Stretch the Theraband under your feet and hold it crossed. With your back straight and leaning slightly forward, move into a squatting position, tense your stomach. Now tilt your upper body forward and downwards, slowly return upwards against the resistance of the band into an almost upright position. The movement comes from the lower back, the arms remain outstretched, no hollow back.

Strength training for hip extensors and glutes



Lie on your back with your knees bent and your heels close to your buttocks. Place the band over your pelvic bone and hold the ends stretched to the ground. Now lift your pelvis as far as possible against the resistance of the band, stomach and buttocks tensed, shoulders on the ground. Slowly lower your hips to the ground again.

We are there for you.

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For more tips on how to start a safe running routine or improve your running, take a look at our blog:

helsana.ch/running-training