

Greater strength, greater performance

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



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.

How to do it and how often

Sample training plan and tips:

- Warm up.
- Repeat the exercise 10 to 15 times (= 1 set).
Do two to three sets of each exercise. Take a minute's rest between each set.
- Don't stretch until you've finished.

Please note: perform strength and conditioning exercises slowly and purposefully. Abandon the set if you can no longer perform the exercise smoothly or it starts to hurt.



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