

BASIC HIT RUNNERS ROUTINE

There's an esteemed cross country team from the US that is said to be as committed to strength training as to running practice. The team undertook a four-year strength training study that helped members win two highly regarded championships. A sensible strength training programme provided many benefits such as greater muscle strength, muscular endurance, flexibility and reduced injury risk.

DESIGNED BY BODYTECH FOUNDER PETER RANA

But more impressive was how it contributed to athletic economy. Runners required less oxygen at submaximal running speeds (4:40, 4:20, and 4:00 minute per km pace) so they ran more efficiently and faster. More important, only one athlete experienced an injury.

So what's the best HIT strength training for runners? Again we go to Peter Rana from BodyTech.

TEN HIT TRAINING RULES FOR RUNNERS

- Exercise set: one set of each exercise
- Exercise resistance: a weight-load that enables you to reach momentary muscular fatigue (MMF) between 12 and 16 controlled repetitions.
- Exercise progression: increase resistance by .5 to 2.3 kgs when 16 repetitions can be reached in two consecutive training sessions.
- Exercise speed: where a single repetition takes approximately 7 seconds to complete.
- Exercise range: full range of possible movement; avoiding lockout positions in multi joint exercisers such as leg presses.
- Exercise frequency: train 1 or 2 non-consecutive days per week.
- Exercise duration: 20 to 30 minutes.
- Record workouts: date, reps, resistance and total work out time.
- Rest between exercise efforts: minimum to none.
- Supervision: where practical, have a training partner supervise your workout.

BODY PARTS TO EMPHASISE

Legs, upper back, chest, shoulders, arms, low back, abdominal, shins

BASIC HIT RUNNERS' ROUTINE (ORDER OF EXERCISE ROUTINE)

- Duo squat presses
- Leg extension
- Leg curl
- Chest cross
- Super pullover
- Lateral raise
- Biceps curl
- Close grip dips
- Abdominal flexion
- Weight plate toe-raise

Complete the exercises in the order they are listed.



DUO SQUAT PRESSES

- Adjust back pad to the horizontal position.
- Sit on seat carriage with shoulders just touching shoulder pads.
- Adjust seat carriage. Seat is in proper position when leg can barely lock.
- Place right foot on platform (heel should be more on bottom of platform).
- Begin exercise by straightening leg in a controlled manner.
- Return by slowly bending leg to beginning position and pause for one second.
- Repeat until momentary muscular fatigue is reached.
- Immediately repeat for left leg.



LEG EXTENSION

- Adjust seat where knee is in alignment to machine's axis of rotation.
- Sit in machine and place feet behind shin pad.
- Fasten seat belt across thighs.
- Keep head and shoulders more or less against back pad.
- Grasp handles slightly and straighten both legs smoothly and pause.
- Slowly lower resistance and repeat for maximal contractions.



LEG CURL

- Lie face down on machine and place feet under pad with kennels just over edge of bench.
- Lightly grasp handles solely to keep body from moving.
- Curl legs and try to touch buttocks, pausing at point of full muscular contraction.
- Slowly lower resistance and repeat for maximum contractions.
- Hint: top of foot should be flexed toward knee throughout movement.



CHEST CROSS

- With elbows together, adjust seat until shoulders are directly under axis of overhead cams.
- Place forearms behind and firmly against movement arm pads.
- Lightly grasp handles with thumbs around handles and keep against back pad
- Push with forearms until elbows touch in front of chest and pause.
- Lower resistance slowly and repeat for maximum contractions.



SUPER PULLOVER

- Adjust seat so shoulder joints are in line with axis of machine cams.
- Assume erect position and fasten seat belt firmly.
- Leg press foot pedal so that you can place elbows in elbow pads. Hands should be open and resting on curve part of handles.
- Slowly remove legs from pedal and rotate elbows as far back as possible. Hold stretch for one second.
- Rotate elbows down until hands are down and behind as much as they can go.
- Slowly return to stretch position and repeat.
- Hint: look straight ahead during movement. Do not move head or torso. Avoid gripping handles.



LATERAL RAISE

- Adjust seat so shoulder joints are in line with axis of cams and fasten seat belt.
- Grasp handles slightly and make sure elbows are slightly behind torso and firmly against pads.
- Raise elbows smoothly to ear level and pause.
- Lower slowly and repeat for maximum contractions.



BICEP CURLS

- Place elbows on pad and in line with axis of cams.
- Adjust seat so shoulders are level with elbows.
- Grasp both handles and curl to fully contracted position and pause.
- Lower slowly to stretch position.
- Repeat until MMF is reached.



CLOSE GRIP DIPS

- Adjust seat to allow full range of joint motion at elbow.
- Flip parallel bars to inner position.
- Sit in seat and fasten seat belt.
- Grasp bars and straighten arms in almost lock out position and pause.
- Return and repeat until MMF is achieved.



ABDOMINAL FLEXION

- Adjust the seat so that your navel is aligned with axis of rotation of the machine.
- Sit with your upper back firmly pressed against back pad.
- Place the elbows on the elbow pads and position for hands on the handles.
- Begin by pulling the pad forward slowly until your trunk is fully flexed, tightening your abdominals as tight as you can.
- Make sure you exhale throughout the downward movement.
- Return slowly by inhaling to starting position.
- Repeat until MMF is achieved.



WEIGHT PLATE TOE-RAISE

- Take a 2.3 kg weight-plate and fasten a rope to it.
- Tie a loop at the other end where you can hang it off your foot.
- Sit on a sturdy seat high enough for the weight to not touch the floor.
- Starting with your foot pointing in a downward position, raise your toes up toward your shins.
- Lower slowly and repeat for maximum contractions.

