TRAIN SMART / RUN STRONG

How to fit strength training into your running routine

Ok! You're convinced. You know you need to start strength training, and doing so consistently, in order to become a stronger, more resilient runner. But it's not that easy! Running already takes up so much of your time and you have no idea how you're going to fit another workout into your routine. Here are some tips to help you add strength into your program... without feeling too overwhelmed!

TIP #1

START WITH SHORT SESSIONS

Set your timer for 20 mins, 2x/week and focus on strength in that time period. It doesn't have to be more than that! It just has to be consistent. Starting with shorter sessions will allow you to get started without feeling like you're giving up too much of your time!

TIP #2

DON'T OVERCOMPLICATE THINGS

Start with the basics when deciding what exercises to try. The more simple the exercise, the better. There is no need to do fancy, complex movements. The basics are just as, if not more, effective, and they don't require as much time to think through!

TIP #3

SET GOALS TO HELP NARROW YOUR FOCUS

It's important to figure out your actual goals before starting a strength routine! If you're in the middle of a marathon training cycle, your strength training might look a little different than if you are in your off-season. Think about how much time you'll realistically be able to dedicate to strength training, as well as what you'd like to get out of it, and go from there!

TIP #4

WORK WITH A STRENGTH COACH

You don't have to figure this out alone! If you're really lost and don't know where to start, working with a strength coach can help you plan and stay focused in the beginning. It will also help you feel more comfortable and confident with exercises!

I really hope you found this guide helpful and that you'll more confidently add strength training into your running routine! But don't forget, I can always help you through the process if you have more questions. Click below to set up a free discovery call with me to see if we're the right fit :)

CLICK HERE TO SET UP A FREE CALL WITH ME