

→ INJURY-PREVENTION SPECIAL

RUNNER'S[®]

WORLD

MARCH 2009

Run Healthy Forever

42

Training Tips,
Stretches,
& Workouts
To Stay Fit
And Strong

+ WHAT YOUR
BEAT-UP FEET
ARE TELLING YOU

The Right Ways To
LOSE WEIGHT

Complete Shoe
Buyer's Guide

30 MODELS TESTED

Including the
7 Best Under \$100



BEGINNERS
Have More Fun

The **NEW**
Superfoods
For Runners

**Tune Up,
Break Away**
SECRETS
TO RACING
SUCCESS

EXCLUSIVE

26.2 or Die
The Most Incredible
Comeback Story
You'll Ever Read



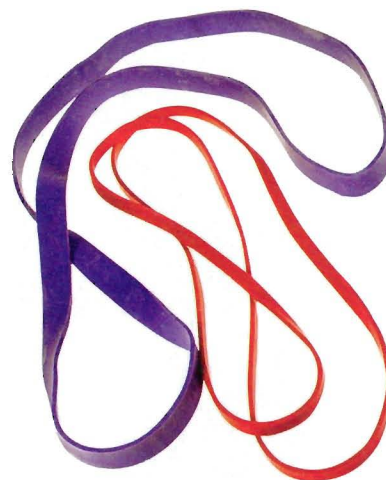
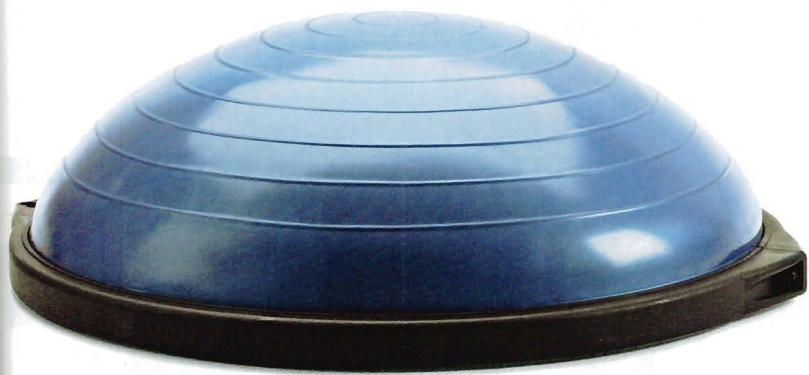
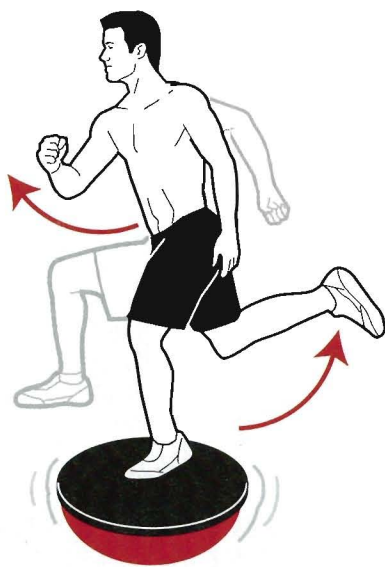
RUNNERSWORLD.COM
WORLD'S LEADING RUNNING MAGAZINE

BOSU BALANCE TRAINER \$100

The Bosu (bosufitness.com) is a stability device that works the small muscles around your ankles and knees, and builds core stability as your body reacts to your shifting weight. Standing on a Bosu can be a challenge, but once you're comfortable, it's an effective platform to incorporate balance into simple exercises like arm raises or squats.

STANDING STRIDE →

This exercise mimics a running motion on one side of your body to force the other side to work hard to maintain balance. Start by standing on the flat side of the Bosu with your left foot. Perform a slow, exaggerated running stride with your right leg and arm. You can steady yourself with your left arm if you must. Do 15 reps on each leg.



FLEXBANDS \$12-\$34

These large elastic bands were originally designed for stretching, but they're also an effective strength-training device. Flexbands (jumpstretch.com) offer a useful alternative to weights since their elasticity changes throughout the range of motion, offering more resistance at the end of an extension and less at the start. Since they're made of many thin layers of latex, they can be constructed in a variety of resistances from light to strong.

JUMP SQUAT ↓

Stand with two bands hanging on each shoulder and crossing your chest. Place the bottom of the bands under your shoes, making an X across your body. Bend into a squat, with your weight on the back of your feet. Explode up off of your toes while keeping your weight back. Land on your toes and roll back onto your heels, then start again. Perform two 12-rep sets.

Weight Lifting 101

How to put together a plan for effective home workouts

IF YOU'RE STRENGTH training for the first time, err on the side of caution when selecting weights for a new exercise, says Alwyn Cosgrove, author of *The New Rules of Lifting*. "If you complete your reps and could do two more, the weight is too light. If you can't complete the reps in good form, it's too heavy." Use that same rule for increasing your resistance. When you can add one or two reps on a set, it's time to step up. How much you lift, however, doesn't matter if you're performing an exercise wrong, adds Cosgrove. Bad technique hurts joints and rarely works muscles properly.

Strength training requires the same sort of structure you give your weekly miles, says Cosgrove. "You should plan steady increases to your lifting just like you'd plot increasing mileage over a month." He offers the following training regimen for runners:

- 2 sets of 12-15 reps for 4 weeks
- 3 sets of 8-10 for 4 weeks
- 2-3 sets of 10-12 for 4 weeks
- 3-4 sets of 6-8 reps for 4 weeks

Try to do six exercises per workout. And after 16 weeks, go back to the first period of 12 to 15 reps.

