

5 THINGS ABOUT YOUR RUNNING THAT MAKE IT HARDER AND HOW YOU CAN CHANGE THEM

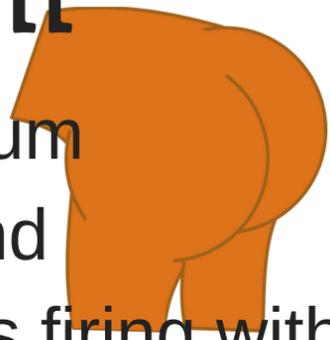


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1 You've got a lazy bum

The glutes are big muscles in your bum that are there to keep you upright and to propel you forward. Get your glutes firing with specific exercises to make them stronger and ready to work.



No breath control

2

Running anything more than a sprint requires oxygen. By taking short, sharp breaths the lungs will hold stale air, making running & breathing much more difficult. Also, you'll go blue... and look like a Smurf... Practice breathing exercises as you run to fully empty your lungs then fill them full of fresh air.

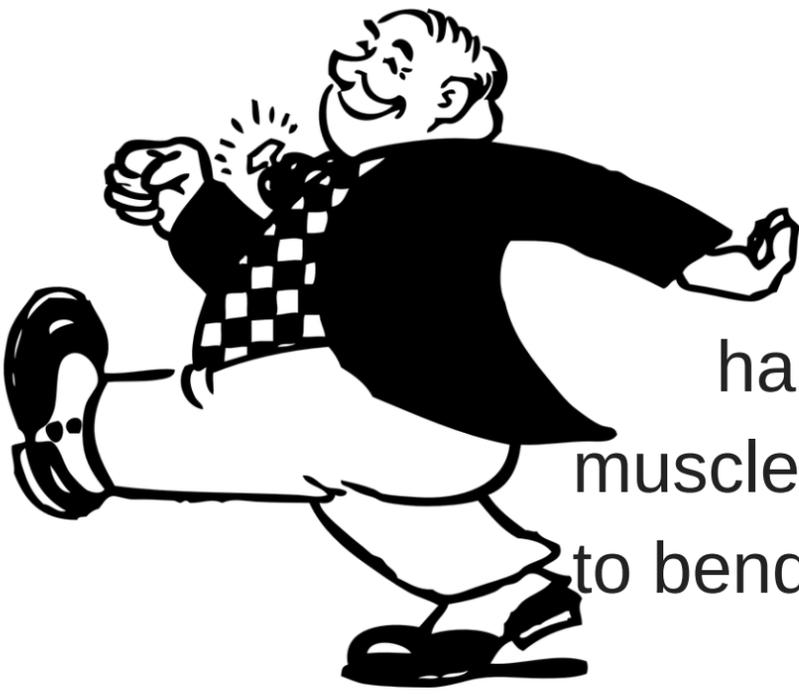


3 Relaxing your core

Okay, it's not about apples but your core is essential to any exercise. Stabilising muscle in the middle of your body and back help with all other movement. As you fatigue, you will slump, this is inevitable but by neglecting core strength exercises in training the fatigue will kick in sooner. This will also make breathing more difficult.



You over-stride 4



Taking too large a step when running will make you work harder and fatigue your muscles faster, causing you to bend at the waist, closing off your lungs.

Your core will relax and all the power will come from the muscles in your thighs. Your hamstrings at the back of the thigh will be working hard, too, as the glutes and core turn off. The opposing muscles will work hard against each other and become tight and heavy. Think of it as doing a succession of deep one legged squats. You can counter this by shortening your stride and raising your cadence - how many steps you take a minute. By working on flexibility and maintaining a faster cadence you will be able to move faster and open your stride without compromise.



5 You run too far!

Okay, so this is actually about the mental game. Many people just focus on the overall distance of a run. Instead of thinking of how far you have to go, break the distance down into smaller, more manageable chunks. Give yourself checkpoints and focus on running to them. You may find yourself running a little faster, too.

