



HOW TO  
**IMPROVE**

— YOUR —

**5K, 10K, HALF**  
MARATHON  
OR MARATHON TIMES

**WITHOUT**

**RUNNING**

**OAKMONT FITNESS**  
— EXCLUSIVE MEMBERS CLUB —



# INTRO

**It appears that in the last decade we have experienced a bit of a running revival.**

The global phenomena that are 'Park Runs' are testament to this and probably partly responsible, as suddenly running is accessible to all.

You don't need to have Paula Radcliffe or Mo Farah's fitness levels to take part and have fun. Old and young, large or small, fit or more of a couch potato - Park Runs and charitable running events have suddenly opened the door to all.

With multiple lengths, from the 5km fun runs to the enduro-marathons, everyone is catered for, meaning running really never has been so popular.

The beautiful thing about running is that you improve quickly at first, with great Apps like the 'couch to 5km' transforming novice runners to 5km competitors relatively quickly. The problem is that progress is not exponential and quickly grinds to a halt.

It appears for many simply 'pounding the pavement' is not enough and their body stagnates. In fact, for a great number of budding runners it puts a premature end to their running dreams - as pounding the pavement alone is one of the quickest ways to induce a running related injury.

**However, it doesn't have to be this way.**

Those who have got it right often share a common secret that places them apart from the pack - **strength training.**

Strength training is often overlooked by runners, but it is in fact a great way to strengthen key running muscles - improving stamina, endurance, speed and postural positioning - as well as protecting your body against running related injuries.

What's more, incorporating strength training into your running schedule can often **SAVE YOU TIME.**

By simply swapping out one 40-60 minute 'long-run' a week for two 20 minute strength sessions, you will be improving your performance and saving yourself 20 minutes in the process.

**But don't just trust us:**

Strength training has become a more and more important focus of elite distance runners, because of its ability to boost performance.

Although there were those who 35 years ago were utilising strength training to ensure great performances at elite levels.

"[Strength training benefits athletes] minimising stress on the connective tissues of the musculoskeletal system and making the entire support system more durable" - Peter Coe (Father and trainer of Sebastian Coe)

**Want to know more? Check out this great Flow Track article:**



[HTTPS://WWW.FLOTRACK.ORG/ARTICLES/5034678-TO-MAKE-IT-TO-THE-NEXT-LEVEL-STRENGTH-TRAINING-IS-A-MUST](https://www.flotrack.org/articles/5034678-to-make-it-to-the-next-level-strength-training-is-a-must)







## THE MAIN BENEFITS

# “I BELIEVE

STRENGTH TRAINING HAS A VERY DIRECT CORRELATION TO SPEED DEVELOPMENT, AND ENDURANCE AND STRENGTH”.

- Alberto Salazar (Coach of Mo Farah and many others)

### YOU WILL BE A MORE EFFICIENT RUNNER

It is often at the end of the race where strength training really has an impact. It is here where form falls apart as you scramble to the finishing line. By working on core muscles, you will be able to improve and maintain your running form for longer. This is especially important for those who are training for long distance events where small improvements in efficiency have a great impact on the overall race.

### BOOSTS METABOLISM

By adding more muscle mass, it means more calories burnt at rest and during exercise. With a lot of people getting into running primarily to lose weight, this is a good reason to incorporate a little strength training too.

### INCREASE ENDURANCE AND REDUCE FATIGUE

Strength training helps your body better overcome the stresses related to running ensuring muscles can perform for longer and at a much higher work rate. So if you often ‘hit the wall’ or ‘feel the burn’ of cramp - you need to think about a little strength training.

### STRENGTH = SPEED

Strength training helps you improve form and endurance, which translates into a faster overall pace making strength training an essential for those looking to improve their racing speed. What is nice is that the impact strength training has is quickly realised, meaning runners see improvements fast.

### REDUCING INJURY RISKS

Lower body and core exercises are key when it comes to reducing injury risks. Strong cores will enable you to maintain proper running form for longer, reducing the risk of lower back pain associated with poor running form. It also helps sort out imbalances, which are the major contributor to knee and hip-related issues.

### IT GIVES YOU WINGS!

Strength training has been shown to speed up the ‘getting easier process’, by increasing endurance levels (lowering fatigue).



# THE ULTIMATE EXERCISE GUIDE





# 01 DEADLIFTS

The deadlift is one of the greatest exercises of all time and fantastic for runners. Whether your goal is strength, power, speed, or endurance, deadlifting can help you achieve that goal.



## 1. THE ORIGINAL

Great for lower body strength, helps with long uphill pushes.

12 REPS, 60 SECONDS REST,  
REPEAT 3 TIMES.

- 1) Select the right weight for you.
- 2) Place feet flat beneath a bar.
- 3) Bend knees (but do not squat), with knees pointing in same direction as feet and back straight at all times.
- 4) Grasp bar, shoulder width or slightly wider apart.
- 5) Grip should be over hand or mixed grip, depending on your preference.
- 6) Keep bar close to body at all times.
- 7) Lift bar by extending hips and knees to full extension.
- 8) Push shoulders back at the top of the lift if you find them rounded.
- 9) Return by bending knees forward slightly, while allowing hips to bend back behind.

## 2. ROMANIAN SINGLE-LEGGED

Great for hitting the glutes and hamstrings. It also removes knees from the equation - so is great for those with knee issues.

12 REPS ON EACH LEG,  
30 SECONDS REST,  
REPEAT 3 TIMES.

- 1) Stand on one leg.
- 2) Activate core.
- 3) Keep standing leg straight.
- 4) Bend at hips, so hand travels towards toes.
- 5) Reverse back to starting position.



# 02

## FLOOR WORK



### 1. SINGLE – LEG GLUTE BRIDGE

Great for strengthening your core but more important they strengthen the hip and leg muscles responsible for making you run faster and jump higher.

12 REPS ON EACH LEG, 30 SECONDS REST, REPEAT 3 TIMES.

- 1) Lie on back with knees bent, feet together.
- 2) Activate core.
- 3) Raise one leg off the floor.
- 4) Push hips up with the other leg until body is in a straight line, from shoulder to knee.
- 5) Keep glutes and core braced throughout.
- 6) Lower to starting position.

### 2. LYING BACK EXTENSION

Great for ensuring your posture remains correct while running.

15 REPS, 30 SECONDS REST, REPEAT 3 TIMES.

- 1) Lie on back with legs straight and fingers at your temples.
- 2) Use lower back to raise your chest.
- 3) Pause at top for 10 seconds.
- 4) Lower, in a controlled fashion, back into a lying position.

### 3. LYING HIP CLAM

Great for glutes, it will prevent your knees caving in during runs and reduces the chance of developing long term knee injuries.

15 REPS ON EACH SIDE WITH 60 SECONDS REST, REPEAT 3 TIMES.

- 1) Lie on side with knees slightly bent.
- 2) One leg is resting on the other.
- 3) Raise your top knee as high as you can.
- 4) Pause, and then lower back to start.



# 02

## FLOOR WORK

### 4. RUSSIAN TWIST

Great for strengthening core and obliques, ensuring core muscle strength and posture is maintained and thus reducing the risk of injury.

15 REPS ON EACH SIDE WITH 60 SECONDS REST, REPEAT 3 TIMES.

- 1) Sitting with knees bent at 90-degrees.
- 2) Hands clasped in front of chest.
- 3) Lift feet about two inches off the floor.
- 4) Engage abs and rotate upper body to the right.
- 5) Reach right elbow to the floor.
- 6) Keep back tall at all times.
- 7) Rotation should come from hips.
- 8) Return to starting position.
- 9) Repeat on left side.

### 5. SCORPION

Great for stretching out your hip flexor, a muscle that is often shortened due to prolonged bouts of sitting.

HOLD FOR 30 SECONDS, REPEAT ON OTHER SIDE. REST FOR 30 SECONDS, REPEAT 3-5 TIMES.

- 1) Lie face down with arms out to sides in T position.
- 2) Thumbs should be pointing up.
- 3) Chin resting on the floor, so neck is not strained.
- 4) Activate core.
- 5) Bend left knee, then swing leg backwards attempting to touch right shoulder with left toes.
- 6) Hold for 30 seconds.

### 6. BACK EXTENSION

Great for loosening up back and shoulders.

12 REPS, 60 SECONDS REST, REPEAT 2 TIMES.

- 1) Lie face down on mat or stability ball (with feet spread wide for balance).
- 2) Elbows should be bent, with hands resting behind head.
- 3) Activate core.
- 4) Squeeze glutes and lift torso until the body forms a straight line.
- 5) Extend arms forward, until they are straight in front of you, in line with rest of body.
- 6) Bring arms back into bent position.
- 7) Go back into resting position in a controlled fashion.

### 7. STABILITY BALL LEG CURL

Great for improving strength and balance, exercising hamstrings, core and glutes.

10 REPS ON BOTH LEGS, REST FOR 120 SECONDS, REPEAT 2 TIMES.

- 1) Lie on your back.
- 2) Place your calves on a stability ball.
- 3) Extend arms to your side in T position to help support and balance body.
- 4) Activate core.
- 5) Push hips up so that your body forms a straight line from your shoulders to your knees.
- 6) Do not let hips sag.
- 7) Make sure glutes remain activated throughout exercise.
- 8) Roll the ball as close to hips as possible by bending knees and pulling heels toward you.



# 03 JUMPS



## 1. THE BOX JUMP

Great for: Improves power through the hips, improving leg drive for uphill sections.

NOTE: Make sure you have a solid raised box or platform to use.

8 REPS WITH 120 SECONDS REST, REPEAT 3 TIMES.

- 1) Drop into a quarter-squat.
- 2) Swing arms back.
- 3) Explode upwards to jump onto the box.
- 4) Bend your knees to absorb the force.
- 5) Step down into start position.



# 04 LUNGE

Perhaps the most beneficial exercise for long distance runners, it strengthens key running muscles and stretches hip flexors.



## 1. THE ORIGINAL

Great for naturally lengthening your stride.

12 REPS ON EACH LEG, 30 SECONDS REST, REPEAT 3 TIMES.

- 1) Stand tall, feet parallel and shoulder width apart.
- 2) Activate core.
- 3) Take a big step forward with one foot.
- 4) Keep chest up.
- 5) Lower, until both knees are bent to a 90-degree angle.
- 6) Push off front foot, to reverse back into the starting position.

## 2. SIDWAYS LUNGE

Great for naturally lengthening your stride.

12 REPS ON EACH LEG, 30 SECONDS REST, REPEAT 3 TIMES.

- 1) Stand tall, feet parallel and shoulder width apart.
- 2) Activate core.
- 3) Back straight.
- 4) Weight in heels.
- 5) Take a big step to the side, ensuring your torso remains as upright as possible.
- 6) Lower until the knee of your leading leg is bent at 90 degrees.
- 7) Trailing leg needs to be kept straight.
- 8) Push back up, into starting position.



# 04

## LUNGE



### 3. MULTI-PLANE LUNGE

Great for improving strength in different positions, helping when you turn as in most races the course is not just straight!

12 REPS ON EACH LEG, 30 SECONDS REST, REPEAT 3 TIMES.

- 1) Stand tall keeping chest up.
- 2) Activate core.
- 3) Lunge forward (as shown above) and then back to start position.
- 4) Lunge sideways (as shown above) and then back to start position.
- 5) Lunge backwards and then back to start position.

### 4. OVERHEAD FORWARD LUNGE

Great for strengthening quads, hamstrings and glutes

10 REPS ON EACH LEG, 120 SECONDS RECOVERY, REPEAT 3 TIMES.

- 1) Hold a pair of dumbbells straight above your shoulders.
- 2) Arms straight and elbows locked.
- 3) Active core.
- 4) Step forwards with left leg.
- 5) Lower body until your front knee is bent to 90 degrees, shin of back leg should be parallel to the ground.
- 6) Return to starting position.



# 05 PLANKS



## 1. THE ORIGINAL

Great for strengthening core, lower back and shoulders - often the forgotten muscles when it comes to running.

HOLD POSITION FOR 30 SECONDS, REST FOR 60 SECONDS, REPEAT 3 TIMES.

- 1) Prop yourself up on your elbows.
- 2) Shoulders should be directly over elbows.
- 3) Feet slightly apart.
- 4) Activate core.
- 5) Draw your shoulders down and back, making sure you are not hunched.
- 6) Engage abdominal muscles.
- 7) Keep hips in line with shoulders, so your body forms a long straight line from shoulders to ankles.
- 8) Squeeze legs together.
- 9) Squeeze glutes for support.

## 2. SIDE PLANK

Great for building core strength and targets lateral strength (hips and torso), which is often a weak link for distance runners.

HOLD FOR 30 SECONDS, REST FOR 60 SECONDS  
REST, REPEAT 3 TIMES

- 1) Lie on one side.
- 2) Rest on one elbow, with your other arm flat against your side.
- 3) Activate core and brace.
- 4) Raise hips so you are a straight line from head to heels.



# 06 SQUATS

These are the ideal strength training exercise that targets a number of running-specific muscles enabling you to improve both strength and endurance in key areas - i.e. calves, quadriceps, hamstrings, hips and glutes.



## 1. SINGLE-LEG SQUAT

Great for almost every leg muscle, as well as lower back. Plus increases leg strength, making strides easier.

12 REPS ON EACH LEG, 30 SECONDS REST, REPEAT 3 TIMES.

- 1) Start on one leg with both hands straight in front of you.
- 2) Activate core.
- 3) Keep chest up, eyes looking forward.
- 4) Bend standing leg to squat down.
- 5) Drive through heel to return to starting position.

## 2. UNWEIGHTED SQUAT

Great for increasing leg strength, making strides easier.

15 REPS ON EACH LEG, 120 SECONDS REST, REPEAT 3 TIMES.

- 1) Stand tall, keeping chest up.
- 2) Feet should be hip width apart.
- 3) Activate your core.
- 4) Bend hips and knees to squat down.
- 5) Go as deep as you can, at least until your thighs are parallel to the floor.
- 6) Keep knees in line with toes, with weight on your heels.
- 7) Drive through heels to return to starting position.



# 06 SQUATS



## 3. SQUAT TO OVERHEAD PRESS

Great for increasing leg strength, making strides easier.

15 REPS ON EACH LEG, 120 SECONDS REST,  
REPEAT 3 TIMES.

- 1) Hold kettlebell with both hands in front of your chest.
- 2) Stand with feet hip-width apart.
- 3) Push hips back and lower body into squat.
- 4) Keep going down until thighs are parallel to the floor.
- 5) Press kettlebell above your head.
- 6) Stand back up.
- 7) Bring kettlebell back into your original position.



CHECK OUT  
THESE RESULTS  
FROM PEOPLE  
LIKE YOU WHO  
TRAIN AT  
OAKMONT FITNESS



*“ I have started noticing weightloss!*

*Physically, I am able to do more and it has helped my recovery post accident which resulted in a mild physical injury*

*My psychological well-being and confidence has increased due to exercise and visible positive results*

*I have made healthier choices in my life, diet wise and increasing the amount of physical activity*

*I have become stronger, as I have been able to increase the weights when training”*

**Irma Konovalova**

*Problem: Motivation, lack of time, accountability and knowledge how to achieve results.*

*Solution: Oakmont Fitness personal training for initially a 12-week programme and it changed his life. Richard lost weight (10 kg), changed his nutrition and his lifestyle for good.*

*Richard has committed to working out at Oakmont Fitness 3-4 times a week and is so pleased with his progress and on-going results.*

*Did it work? Yes! There is an inner confidence that shines through once you start to transform your body, mind and nutritional habits.*

**Richard Taylor, 48, business owner**





# THE ROUND UP!

If strength training is not part of your running fitness routine, you are doing something wrong. Pounding the pavement is no longer good enough; in fact it is the quickest way to injury and rehabilitation.

By just adding 2-3 strength-training sessions into your weekly running routine, you will not only see your injury risk factor reduce, you will also notice a marked improvement in your muscular endurance, strength, speed and stamina. You will probably notice postural improvements too.

The great thing is strength training doesn't need to be difficult or strapped on to your already packed training programme. Countless

fitness experts support this. Their view is by swapping out a long 40min - 1 hour run, or cross training session, for a couple of shorter 20 minutes strength sessions spread over the week - you will be getting better results for less time invested.

## IT IS WIN/WIN!

If you want to see even bigger improvements, hire a coach.

There is a reason why professional athletes and amateurs who take running seriously get professional help - they understand the huge

benefits a coach brings.

Not only are coaches there to ensure you are doing the right sort of training, so no time spent in the gym or pounding pavements is wasted, they are also there to hold you accountable, ensuring you are far more likely to make it to the gym and reach your fitness targets.

***So if you haven't got a coach already, what are you waiting for?***

If you are serious about running, you should be seriously thinking about getting a fitness coach.

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