

RUNNING SHORTS

Running, weight training can work cohesively

By Matt Wagner

We often hear the words “running” and “weight lifting”. However, we rarely hear them used together in the same sentence. These are two totally different sports and animals! Runners don’t lift (Lifting will bulk us up!) and Lifters don’t run (Running will shrink us down!).

But should these two come together in order to help each other? Unfortunately weight training has received some bad publicity for runners as we tend to worry about what resistance exercise will do to us.

The truth of the matter is that a proper weight training program will do a great deal to assist your running. Weight training will help strengthen muscles, and stronger muscles are more resistant to injury as well as help improve performance. The key word in the previous sentence is “proper”. Quite often individuals begin a weight training program and do too much, too soon. Or they receive improper instruction. Beginner lifters quite often get very sore (or even worse, become injured) thereby becoming discouraged, never to do it again.

So what is the solution to this relationship? Here are the keys:

Number 1: Begin gradually. You can always add more your next weight training session. You can never take away from what you did. Think of this as a long term application, not a short term solution.

Number 2: More is not better. Your friend bench presses 305 pounds? Good for him. But those of us that are runners probably don’t need to do that. When was the last time you had to lift 300 pounds off your chest in a 10K race?

Number 3: Slow and sensible is the key. My best advice is to choose about 4 lower body exercises. And about 6-8 upper body exercises. Focus on the hamstrings and forget about full range knee extensions: those can potentially damage your knees. And most definitely: Emphasize the core muscles! The cores muscles are the abdominals, the obliques, and the lower back. Stronger core, better runner. It really is quite simple!

Talk to someone who knows about weight lifting. A proper program will only help you and not hurt you.

Now get out there and lift!

Recent race results:

Honolulu Marathon (26.2 miles), Hawaii, Dec. 13

Dana Formon, 27 4:58:10

Christopher Shank, 32 6:39:05

BCS Marathon, College Station, Dec. 13

Marathon

Austin Brown, 25 3:41:10

Tallula Toronjo, 44 4:13:36

Half Marathon

Dominick Hayes, 17 1:29:32

Aaron Ainsworth, 30 2:14:38

Kristen Hooten, 39 2:21:40

Alison McClellan, 38 2:19:32

John Schindler, 55 2:22:21

Sharon Valles, 43 2:24:00

Karen Berry, 35 2:25:36

Julie Simmons, 41 2:34:20

Angela Lyons, 41 2:35:23

Kathy Lehman, 40 2:36:51

Misty Lampson, 43 2:40:47

Cimarron Ainsworth, 29 2:40:54

Elizabeth Harrell, 35 2:49:04

Kathy Markham, 39 2:49:05

Terry Grivich, 66 2:56:33

Bill Hyman, 58 3:02:48

Carol Hyman, 55 3:02:50

Ken Johnson, 74 3:03:50

Cayden Salazar, 12 4:34:59

Jingle Bell 5K, Livingston, Dec. 12

Donna Fabian, 41 24:14

Ken Johnson, 74 38:58

Cindy Pate, 55 44:34

Don Ortloff, 70 48:32

Reindeer Run, Trails, 3.3 Miles, Lufkin, Dec. 12

Ken Johnson, 74 42:30

Sunday Night 5K, The Woodlands, Dec. 6

Ken Johnson, 74 37:46

Rock 'n' Roll San Antonio Marathon, Dec. 6

Marathon

Melinda Miller, 51 5:17:45

Half Marathon

Melvin Neely, 59 1:55:57

Tracy Schaub, 43 2:07:14

Herbert Rodriguez, 46 2:08:52

Bridget Smiley, 29 2:17:59

John Smiley, 31 2:18:00

Rhonda Reddoch, 41 3:28:13
Cindy Pate, 55 3:44:30
Jessica Twardeski, 35 4:01:35

Run Girl Half Marathon, Houston, Dec. 6

Terry Grivich, 66 2:53:32

Texas 10 Series Conroe, Dec. 6

10 Miles

Jose Torres, 22 1:02:31
Dan Byrne, 57 1:03:10
J. C. Guzman, 43 1:09:39
Jason Wallace, 40 1:10:16
Steve Bickford, 54 1:17:44
Steve Allen, 43 1:17:54
Monica Lopez, 33 1:33:43
Kim Johnson, 42 1:36:30
Gerald Johnson, 60 1:39:51
Ray Sarno, 68 1:46:05
Ken Johnson, 74 2:12:11

5 Miles

Francisco Manzanares, 15 31:21
William Martin, 60 39:10
Donna Fabian, 41 39:40
Sherrie Martin, 54 42:24
Darren Grant, 51 44:09
Jill Blake, 37 51:28
Lauren Barteo, 32 54:10
Cathy Bickford, 53 58:50

I ran my turkey off 5K, College Station, Dec. 5

April Russell, 39 41:38

St. Nick Run, 5K, College Station, Dec. 5

Ken Johnson, 74 38:16

Upcoming races in Huntsville:

Jan. 1 – New Years Day Resolution Run, 10K, 5K, 1-Mile, Physical Therapy Associates

Feb. 6 – Rocky Raccoon 100-Mile Trail Run, Huntsville State Park

Feb. 13 – Rocky Raccoon 50-Mile Trail Run, Huntsville State Park

For more information about these races and others in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.