

## Handout for Week 3:

# Cross Training

**Cross Training can help to make you stronger overall and particularly for running. Cross training will certainly help develop your core strength.**

## What is your core?

Your core is the middle bit of your body including your trunk and pelvis. This is supported and stabilised by specific muscles. If those muscles are weak and don't do the job properly then other muscles have to step in. These muscles aren't designed to do the job so can be left short or tight, or pulling the body out of alignment.

## Reasons for Cross Training:

- Extra training without the load
- Develops strength
- Makes your core muscles stronger which are essential when running
- Injury prevention

## Examples of Cross Training:

- Yoga : This refers to the practice of physical postures or poses. It helps to mentally calm and develop inner strength particularly of the core muscles.
- Pilates: This focuses on the core postural muscles which help keep the body balanced and which are essential to provide support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine and aim to strengthen the deep torso muscles.
- Gym: The gym can be used as a great additional session to develop strength particularly of the legs and overall core stability. If you are injured the gym is the best possible place for you.
- Fitness classes: Examples include aerobics, step, body pump, dance and many others. These are a great additional session you can build into your weekly workouts.
- Cycling: Less weight bearing than running, cycling could substitute running in cases of injury and also help as an extra session in the early days when you are still building up the amount of runs you can do in the week. Cycling can also be good when recovering from a run. If you don't like roads try the gym or off road.
- Swimming: Great for flexibility and recovery from pounding.