

Resistance Training, By C Tolle Run

- 10 weeks of resistance training can increase marathon performance by 10%.
- Increases immune system, muscle mass, bone density
- Include Hurdle drills, strength training, balance, plyometrics
- Do a variety of exercises to confuse the muscles and teach them to fire under different ways with fatigue
- Change it up weekly, work as many muscles as possible
- Try doing drills & strides with large resistance Bands
- Stability Ball Exercises:
 - Hip thrusts with single and double legs, 5 reps per leg
 - Hamstring curls: double and single legs, 5 reps per leg
 - Hip Flexor Pull-In: 10 per leg

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