

## Benefits of Strength Training for Marathons

With the Flying Pig and the GO 5k right around the corner, many runners are hitting their stride on treadmills and in the streets of Cincinnati. However, many runners aren't doing much more than just their cardio training. Most don't realize the benefits that strength training can offer them. The excuses range from "I don't want to get bulky" all the way to "I work my whole body by running already." There have been countless studies proving the immense benefits of adding



strength training to a runner's regimen. There is an increase of 21% in time to exhaustion at maximal speeds with no change in body weight. Not to mention a 30% increase of leg strength with a positive or no change in VO2 max. As a runner, who would not want stronger legs, better endurance, and a potentially higher VO2 max? All you need to do is incorporate two to three strength training sessions a week into your regular

routine. Please see one of us on staff at any of the Fitness Centers for tips and assistance.

source: <http://www.runnersworld.com/race-training/how-strength-training-benefits-runners>