

# **FITNESS FUNDAMENTALS**

A complete training program must include all of the fundamentals. These basic areas of training include:

**ENDURANCE...SPEED...STRENGTH...FLEXABILITY...FORM**

**FORM**...All training should be done with proper form in order to maximize the results. Improper form will not only hurt your training, it is also likely to hurt you. Whether you are running, doing push-ups and crunches, stretching or cross training, always “focus on form!”

**FLEXABILITY**...you must always make sure your muscles are ready for training and recovery. Warm-ups and cool-downs are mandatory. You need to prepare each major muscle group. Always warm up the muscles **BEFORE** doing any stretching. Stretches should be slow and relaxed. Each posture should be held for at least 15 seconds. You should extend the stretch gradually, with each exhale. **DO NOT SKIP STRETCHING!**

**STRENGTH**...Running is a total body sport and strength is what makes that possible. You need to work particularly on your legs, upper body and core.

**LEGS:** lunges, toe raises, static jumps and foot “alphabets” (tracing the alphabet with your ended foot) are all exercises you can do at home.

**UPPER BODY:** Push-ups work the arms, chest, shoulders and back.

**CORE:** The core connects the top and bottom. Crunches can work the upper, lower and oblique abdominals.

You can do all of these exercises **EVERY DAY!**

**SPEED**...Should not yet be a focus of your training. But occasionally, do shorter distances, trying to quicken your pace. Including a few short sprints into a long run is a good way to start to incorporate speed into your workout.

**ENDURANCE**...now is the time to build a distance foundation for the fall. Your runs this summer should gradually get longer according to the training schedule. Get out to the trails and enjoy nature. Run long and strong!