

Strength for Running group training starts Monday February 15

This training includes exercises, drills and stretches to help prevent injury and improve performance for running sports.

Training sessions will emphasise muscle balance, agility, core and lower body strength & power. Exercises and plyometric drills use bodyweight or light resistance equipment. It is suitable for all levels and ages – several of the exercises & drills have variations that can make them easier or more challenging.



Where: North Sydney PCYC on Falcon St. The training area is **directly up the stairs from Club reception**. It is a LARGE hall with wooden floors and high ceilings, great light and ventilation.

When: Monday 6:30-7:20am – you can escape during the final section for stretching if you need. The instructor will stick around for another 10 minutes to answer questions.

Club entry: As a community club, the way PCYC works is that you pay a club membership (\$25/year) then you pay for the activity you do. So PCYC membership is required, but you are welcome to try one session without membership if you're unsure. If you'll continue, PCYC membership gives you access to the showers and changerooms anytime the club is open. [Membership form](#) can be filled out online or downloaded [here](#).

Activity cost: \$15 per session – pay **cash** to instructor before or after the class.

Shoes

Wear the flattest, thinnest-soled shoes you have (with flexible soles). We do a lot of exercises that require balance and it helps a lot if you can 'feel' the floor through your shoes and have some awareness of your foot muscles.

Parking

Moodie St, Lytton St, Lillis St (off Lytton) and Ernest St (streets between Ernest St and Falcon St) – all are 2hr parking (unmetered) 8:30am – 6pm. Not Falcon St – it's a clearway.

COVID rules

- **Please use the Services NSW QR scan check-in** – there are QR codes around the club reception area.
- Other standard fitness club COVID regs – **TOWEL IS COMPULSORY** (please BYO), cleaning any shared equipment (if used), avoiding touching people – are still in place.

FAQ:

Will you yell in my face like I'm at Boot Camp or in *The Biggest Loser*?

No. For a start, the weakest part of me is my voice. I will even resist cutting sarcasm (I save that for private clients). I may, however, feign deep personal hurt at a perceived lack of effort.

Will I be able to do it?

Yes – in a way that works for you. See, I know a LOT of different exercises. For every exercise, I know an alternative exercise or 17, or variations of an exercise that make it a little easier or harder as required.

What if I have never done weights training before?

Pity – you would have made a great bodybuilder...but this is not weights training (although it is a good lead-in to running-specific weights training). Most exercises will be done with bodyweight. Light equipment (bands, slam or medicine balls, etc.) will be optional for some exercises.

What if I'm coming back from an injury?

Tell the instructor your limitations beforehand – he will suggest adjustments for exercises if necessary. If you are significantly limited by an injury, then one-on-one coaching will always be much better suited to you.

I do sprints / run 100km trail races. Will this training work for me or is it more for people who do 100km trail races / sprints?

Much of the strength training exercises for running and injury prevention for running is common or very similar for runners of different distances. The format or load of the training differs a little – but this is something to address in more advanced training. If you are doing little to no strength training for running, then this training will benefit you a lot, regardless of what type of running the other participants in the group do.

Will I be able to run the next day / the same evening?

You realise my name (Dom) is just short for DOMS, right?

Ha-ha, just kidding. You will be able to run – this training is to get you better for running, not so sore you can't do it. Just remember that any new activity MAY make you sore the first time or two you do it, but don't panic, your muscles will quickly adapt so that any DOMS will be reduced and fade faster. Don't wait until all muscle soreness goes away before moving again. Steady-state running within 24 hours will actually help recovery. Ease up on running intervals, sprints or hills if very sore.

Can I count this as a fitness session? Or is it more like a rehab session? My Strava peeps need an update.

Ah, yeah, sure. You can count it as a light fitness session, because we will move quickly from one drill or exercise to the next for a great combination of muscle and fitness conditioning.

How big can the group be?

Under the 4m² rule for COVID at least 32 people were allowed in the space. It's a BIG room.