



Q+A

Got a training question?

Email us at rwedit@runnersworld.co.uk

Q I run with a friend, but he's starting to find it all a bit boring. How can we jazz up a session?

A At your local park, try running to benches where you can stop and do press ups to work pecs, deltoids and triceps. You can make these harder by resting your feet up on the bench. Do 10, followed by 10 tricep dips, then run to the next destination and repeat. Run fast to the next area and once recovered do walking lunges to work the quads and glutes, making strides big to stretch the iliopsoas hip flexor and hamstrings. Jog on gently to stretch out the legs before

Q Does pushing my child in a jogging buggy offer any additional training benefits?

A Absolutely, because it's more challenging, especially if you're running uphill. Studies have shown that you can burn up to 20 per cent more calories (depending on the weight of your child) while pushing a jogging buggy at any given pace. You'll work your cardiovascular system harder, and pushing the buggy will strengthen several muscle groups - especially the pecs, triceps, deltoids, quads and hamstrings. Just be sure to wrap the tether firmly around your wrist so you don't have to sprint after a runaway pram on a steep downhill.
Lynn Bode, online coach (workoutsforyou.com)

stopping and doing power squats (legs further apart and toes pointed out more than usual) to work quads, glutes and adductors. Next comes a five-minute slow jog before stopping at another bench for one minute of step-ups. From here continue a slow jog for five minutes, stop and stretch.
Liz Fulford, fitness instructor (fitnesstrainingspecialists.co.uk)

Q I keep getting overtaken by stick-thin runners - how does build affect running ability? Is there anything us bigger-boned runners can do?

A You're not alone; we all find faster runners speeding past occasionally. Unfortunately,

yes, the more your weight, the greater the energy cost in running. However, with smarter training, your weight should reduce and leave you with a better power-to-weight ratio. Could you train twice a week on a bike? Introducing new sports burns more calories, as your nerves and muscles adjust to the demands. Build up to 15 reps of one minute fast, one minute slow cycling, or try five sets of four fast minutes with four minutes very slow cycling recovery. Meanwhile, increase your long run by about 10 minutes every few weeks. Ignore speed to start with and run slowly enough to keep conversation going.
Jack Singer, running coach (myrunningcoach.co.uk)

BEGINNER TO WINNER

ONE RUNNER'S QUESTION, THREE RUNNERS' ANSWERS

Q How can I get a bad race off my mind?



"Analyse where it went wrong. We all make mistakes but the important

thing is to bounce back and learn from it: understand failure in order to appreciate success."
David Mercer, 38, running since May 2008, half-marathon PB: 1:48
BelfastBoyRuns.blogspot.com



"Above all, try to be positive about it. If the bad race was down to something you did or did not do - such as unsuitable training or starting the race at the wrong pace - try not to repeat the mistake next time."
Colin Moody, 58, running since 1983, marathon PB: 2:49:59



"I would recommend simply signing yourself up for another race straight away: there will always be more big events just around the corner so you will always have another chance to do better next time. There's no point in getting stressed out by over-thinking it."
Nicola Sanders, World Athletics Champs silver medallist for the 400m