



RUNNING & WEIGHT TRAINING



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Many people think they cannot weight train and run and you have to pick one or the other but this is simply not true if you do it right - weight training will only complement your runs.

Having stronger muscles in your legs will help. It will be important to focus on your single leg movements within your program to make sure you're building strength in both legs to avoid weaknesses. Strength training is very beneficial in reducing your risk of injury.

You will notice in your runs you have one longer run which is usually the second run - aim to have a rest day after these longer runs to help you recover for your sessions again.

Its normal when you begin running that you may find you have much more DOMS (**d**elayed **o**nset **m**uscle **s**oreness) which is the "pain" you get in your muscles after exercising. This will be normal for the first few weeks as your body adapts to the workouts and runs.

No one will be the same for when you should run and when you should train as we all have different lives and lifestyles and its important to do what works for YOU!

You never want to run BEFORE a strength training session - this can increase your risk of injury. Ideally you want to have them on separate days but for some you may have to do a run and strength training on the same day. In this scenario its very important to do it after your weight session.



HOW TO STRUCTURE YOUR RUNS AND WEIGHT SESSIONS

AGAIN AS MENTIONED ITS WHAT WORKS FOR YOU

OPTION 1: 3 SESSIONS A WEEK AND 2 RUNS:

If you are doing 3 fully body sessions and 2 runs a week I would recommend
- Run, Train, Rest, Run, Train, Train, Rest -
This way you have 2 full rest days allowing for optimal recovery!

OPTION 2: 4 SESSIONS A WEEK AND 2 RUNS:

If you are doing 4 sessions I recommend doing an upper/lower split. This way you have the option to potentially run on an upper body day if you need to allow for an extra full rest day.

I would recommend
- Lower, Upper, Run, Lower, Upper, Rest, Run -
This means your longer run you have had a few days rest before meaning your legs will be ready to go.

You could pair an upper body and then a run to allow for another full day rest if needed!

OPTION 3: 5 SESSIONS A WEEK AND 2 RUNS:

This is a lot on the body and with higher demands you must make sure you have fueling with the correct nutrition and getting in enough food or you will struggle with your energy in these runs massively!

I would recommend to pair at least one run with an upper body day to allow for a full rest day!

Option - Lower, Upper / Run, Full Body, Lower, Rest, Run, Upper - this will mean you have a full rest day prior to your long run.

You could pair the long run with the second upper day if you wanted to have 2 full rest days.

Please note all SCC Clients: I've mentioned a full body day above here. While the SCC App workouts have either 3 day full body workouts or 4-5 day upper lower split days and not both - on the full body day you could do half a lower and half an upper for a full body workout.

In the SCC 8 Week Challenges you have split workouts and full body available to you in which you can ditch the 5th lower body day and add in one of the gym full body days!