

MOVE OF THE MONTH

Every month, RF's personal trainer, Mike Ovens, demonstrates a running-specific resistance exercise for the gym or at home

PERFORMANCE

FOCUS: TRICEPS

The muscles at the back of the arms, will help drive your arms forward when you sprint. The upper body is often neglected by runners. Moving the whole body as you exercise different muscle groups mimicks running and saves valuable time.

FOCUS: POSTERIOR CHAIN

A reverse lunge works the muscles at that the back of the body, important for runners, as a balanced body is more efficient and less likely to suffer from injury.



HOW TO DO IT:

Start in an upright position with your arms above the head. Focus on good posture and alignment throughout. Use a mirror to check. Take a step behind into the reverse lunge, at 90 degrees. As you step back bend your elbows so that they point to the ceiling, as shown in the picture. Don't let them splay out. Return to the upright position and repeat on the other side.

How many & variations

Do two to three sets of 20, twice a week, as part of your weekly routine. You can swap the dumb-bells for a medicine ball, and vary the exercise by 'pulsing' the lunge, or doing 10 reps on one side, 10 on the other.

FOCUS: CORE & BALANCE

As your arms are above your head and legs moving, your stability and balance is challenged and you will need to activate those core muscles to stay in a good position.

FOCUS: THE LEGS Static lunges will help with leg drive, and strength in the lower limbs. The exercise also doubles up as a good stretch for the hip flexor muscle, often tight in runners.

Fitness snippets

TWO TOP CLASSES
For variety and fun, a class is a good alternative



FIVE-WEEK WEIGHTLOSS PACKAGE
London-based, *Good Vibes* (the *Power Plate* experts) has partnered with *The JM Programme* and is offering a package consisting of three 25-minute *Power Plate* classes over five weeks, plus a tailored diet programme. After a phone consultation, goals are set and menus planned (even the shopping's done!). For more, visit www.goodvibesfitness.co.uk.



GRAVITY FITNESS is a 60-minute class, using a moving glide board to work every muscle in the body. At the smallest incline you use five percent of your body weight as resistance; at the biggest incline 59 percent. This means it's ideal post-injury, as you adjust to the load you can take. For more information and for a class near you, visit, www.gravityuk.net.

IN THESE SHOES...? HOKA MAFATE TRAIL SHOES, £120 Amazingly light, all-terrain trail shoe. Outsized soles push you forward as your run – look odd, feel great! www.sidas.co.uk



TOPTIP Do a high intensity strength session before a tough run as it 'fires up' the nervous system!