

# ALL RUNNERS!

## Men & women, all ages and all abilities

Have you got a space in the 2014 London marathon? Do you know someone who has?

Can't run because of injury, perhaps you can do something else to maintain your fitness whilst you recover?

Want to mix up your training now the winter months approach?



*"My mistake, really. I thought your ad said you were into cross-training."*

## **Why is cross training important for runners?**

- Strength work, cross training and balance work are great ways to ensure your body has a strong foundation to cope with the demands of long runs.
- Your core forms the centre of all your movement, coordinating your arm and leg movements. As you get more tired during a run, your core muscles work harder. The stronger your core, the better your technique and the less risk of injury.
- Cross training helps improve your overall running performance and helps with injury prevention, stabilising and strengthening your joints.

## **Indoor Cycling ("Spinning"):**

Muscles worked: thighs and calf muscles

The variety in the intensity will help improve your leg strength and ultimately your stamina. The stronger your legs become, the easier your run will be.



## **Boxing "Boxercise":**

Muscles worked: upper body, lower body, stomach and side muscles.

The rotational moves in these classes strengthen your stomach muscles and core which are important for stabilising muscles for running.



## **Circuit training:**

A total and balanced work out which will work to strengthen legs, back, chest and core. All mixed with cardio stations.



## **Our Timetable:**

If you cannot find classes to suit you on our [current timetable](#), why not form a small group to share the cost of hiring a Personal Trainer/Instructor and we can tailor the session to suit your running needs. This can be great extra training and motivation leading up to the big race you've trained so hard for.

We already have committed running and cycling enthusiasts attending our classes, come and join them, have some fun, and see the benefits of cross training.

Booking is essential for our Indoor Cycling ("Spinning") classes so [contact us](#) to book in or enquire about any of our classes.

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