

PILATES FOR RUNNERS

Pilates has a set of principles. Details of the principles can be found in book on Pilates exercises or in any Pilates class. The jist of all these principles is to help lead to more efficient, effective and ease of movement. One of the main principles is breathing. Breathing is not only important while doing Pilates but in every day life. Breathing is especially important when our bodies are being pushed beyond its everyday limits. Some have referred to the breathing in Pilates are more athletic allowing for maximal lung capacity while maintaining the support of the trunk. The breathing in Pilates included emphasizing breathing into the back and sides of the ribcage. Breathing is very important in any endurance activity as increased oxygen intake helps oxygenate the blood which is especially important for runners.

A big part of Pilates is the emphasis on posture and striving for improved posture for your body. Consider your local runner. What is their posture like when running? Are they leaning forward shortening the space between their chest and legs thus allowing less space for their lungs to expand within their ribcage when inhaling leading to exhaustion? Or perhaps they are leaning backwards, compressing their vertebrae, putting tension on the joints in the spine, putting pressure on their quadriceps which can lead to sciatic problems as well as strains in the scapula. Pilates can help with both of these conditions and before they become a problem.

For the runner that is leaning forward reducing the space within which their lungs can expand there are many exercises in Pilates that can strengthen the back and mid back muscles. This will help keep the runner upright opening up their chest allowing them to maximize their lung capacity.

For the runner that is leaning back Pilates can help with balance and strength, again within the core, to keep the runner upright relieving muscular and joint tension.

When running you want to be as balanced as possible on each side of the body. Pilates can help bring slight imbalances in the body such as leaning or rotations to one side, to light. As a result focus on the relevant muscles, however small, can be made minimizing imbalances resulting in a more comfortable and fluid run.

Reformer work and matwork combined can help increase muscular endurance, muscle tone without leading to excess bulk all beneficial to a long distance runner. Pilates can also help with more powerful movements through plyometric exercises with exercises on the jumpboard. This emphasized speed and strength, important for shorter distances and sprinting.

To find out more how Pilates and Pilates Patio can help you improve your running performance and experience, please contact us at 613-422-3638 or lani@pilatespatio.com



Jumpboard. Good way to work, quadriceps, abdominals and get some plyometric work in.



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