

shoulder muscles



Guest

hey there you guys! I broke five minutes in the mile on saturday!!!!!!! => I am so happy. Now my coach wants me to build up my shoulder muscles...anyone know any good exercises to help me with that. If ya have anything good please leave a message!



Skittles_2 22 posts since

Jun 13, 2002 1. **Re: shoulder muscles** Dec 26, 2002 4:57 PM

Congratulations on your achievement. As for working out the muscles, you could do those raises (i forgot the actual name) where you stand straight up with your hands holding the weights at your waist. Then you raise them up at your sides until they're parallel to the ground. Also, there are the ones you do the same way, but raise in front of you. You could always do shoulder presses where you start with your arms bent at the elbow so your hands are next to your shoulders. Then just press the weights up above your head until your arms are fully extended. Sorry if this sounded confusing!

[-Sky\[/URL" target="_blank">](#)

Other Forums: SkittlesXC on DyeStat, XCMonarch on Runners World



Guest 2. **Re: shoulder muscles** Dec 26, 2002 5:41 PM

Congrats on breaking 5 minutes!

For what it's worth (I'm not a trainer or anything, just a guy who has lifted for a number of years), I would recommend these exercises for overall shoulder development (these are not exercises specifically for increasing your arm-drive while running, which I assume is what your coach wants you to work on):

military press (either barbell or dumbbell) making sure if you're doing a barbell that you lower the weight to your upper chest and not behind your head (can lead to injury) and in any case don't "lock" your elbows when you extend the weight (another way to injure yourself). This is a basic exercise for the whole shoulder.

A previous poster already described side and front lateral raises, which isolate the medial and front heads of the shoulder. I would add rear lateral raises as well ~~couple ways to~~

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~~do this but i prefer to sit on a bench with 2 dumbbells and bend at the waist until my chest touches my knee and my arms extended straight down towards my feet (ie, your hands with the dumbbells are right next to your feet when you begin the movement); then you slowly raise your arms out to your sides. In all 3 lateral raise movements, please keep your elbows slightly flexed throughout the movement.~~
~~These are the basic movements for general deltoid development. There are many variations on these and some other more advanced movements as well. Please be careful doing any of the lateral raises because these movements don't give you a lot of leverage so relatively little weight is necessary~~unfortunately, I see a lot of people (usually guys) using too much weight and jerking the weights up to quickly, which I guess they do because they're embarrassed to be using "only" 10 or 15 pound dumbbells. Keep your motion slow, smooth and controlled (2 seconds going up, 3 seconds coming down is a good rule of thumb).

I would recommend 3 sets of 12-15 reps (maybe up to 20) per exercise, giving you tone and strength with a minimum of bulk (go with 8-10 reps if you want to increase muscle mass significantly but I assume your just doing this to improve running performance).

Please note that your shoulders will also be worked in any other pressing movement you do for your chest and your rear deltoid will be worked doing lat pulldowns or rowing exercises so you don't want to overtrain them.

As I said above, this is not a program geared to improve arm-drive, just basic exercises that have work for me and others I've trained with in increasing should strength. Hopefully, someone will post info on exercises specifically designed to increase arm-drive as well.

Train your shoulders every third day like this and your arm-drive should improve nicely. Best of luck.



CoachB008 761 posts since

Apr 27, 2000 **3. Re: shoulder muscles** Dec 26, 2002 8:10 PM

Good job on the time.

I assume that your coach noticed something about your running that could be remedied by stronger shoulders with more endurance.

I agree, military press with the dumbbells is a great exercise. I disagree, however with the frequency of exercise. There is no reason you can't train the same muscle group every day. After all, you train the leg muscles daily. (some world class runners train them 3 times per day). As long as you keep the loads light, you can safely develop endurance in any muscle in the body on a daily basis.

Another exercise which I really like are arm swings. Take light weights (5 lb dumbbells or plates) and swing them at your sides in a normal but exaggerated running motion. Try to

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swing your arms as fast as you can while still keeping a normal motion. These are great for developing the kind of strength that you need.

Start with a weight that you can easily do 3 sets of 15. As you get more fit, increase the reps and be cautious about increasing the weight. I wouldn't do the same exercise every day, try to throw in some variety. I would also throw in some ab exercises every day. A week may look like this.

Mon: 3x15 military press

3x15 barbell curls

abdominal exercises

Tue: 3x15 pushups

3x 1 min of arm swings with 5 lb weights

abs

Wed: 3x15 lateral raises

3x15 triceps press

abs

You get the idea. Remember. Start with weights that seem really light. Be careful about adding weight. You are not trying to build muscle, but enhance the muscles you have to create a better running motion.

Also remember, running is your #1 priority for training. Don't get sidetracked by the strength stuff. If you are having to substitute strength work for running, then back off the weights.

Good luck and let us know when you hit 4:50 !



Guest 4. **Re: shoulder muscles** Dec 27, 2002 10:08 AM

On the frequency of training, I do agree with CoachT that you can certainly train any muscle group at least once a day (provided, as with any exercise, that the amount of training permits you to adequately recover).

The assumption I made but failed to put in my post was that the runner would want to lift a couple times a week, perhaps on recovery days, rather than every day, because, as you note it would be a mistake to let time at the gym eat into one's running. Based on this, I recommended a thorough workout on every third day instead of one shoulder exercise daily. However, if daily trips to the gym don't hinder your running, then that route will work better on the more workouts, the more recovery/adaptation cycles your body goes through.

CoachT also gave you other good exercises. To his exercises I would add either supermans or some other lower back exercise to go along with your ab work. Increasing lower back

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tone and strength will help your posture/running form and maybe save you some lower back pain down the road.



[Richard21142](#) 770 posts since

Dec 14, 2007 5. **Re: shoulder muscles** Dec 20, 2007 11:08 PM

quote:

Originally posted by CoachB:

Interesting. I have received a lot of criticism for advocating this. In fact, if a muscle is unusually weak, I advocate exercising it multiple times a day, gradually phasing to once a day as the muscle gets stronger. But, lifting once a day, if done properly, will give you unexpected results in time, without interfering with the main purpose; that of running.



[coacht017](#) 153 posts since

Dec 14, 2007 6. **Re: shoulder muscles** Dec 27, 2002 3:08 PM

I ask my guys to work 2-3 days in the weight room in the off/preseason, but eliminate it during the competitive season. Optimum racing requires rested muscles. I have a different approach though. I like the Cerruty approach with heavy weights and lower reps to develop total body power. The exception is the use of lower weights for leg extension and hamstring curls to balance the quad/hamstring (70% ratio) strength to prevent hamstring pulls and develop a more full stride which is needed in sprinting and middle distance events.



Guest 7. **Re: shoulder muscles** Dec 31, 2002 6:54 PM

Push-ups, normal, elevated, and the other kind (with your feet on a chair) 60 to 100 a day to start with. Skip one day a week, it helps your muscles build faster.

CL



Guest 8. **Re: shoulder muscles** Jan 5, 2003 11:33 PM

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PUSHUPS! more and more pushups. They are the best, and they dont get you built, just cut, which is what runners want. I dont know how strong you are now, but try doing 5 sets of 15-20, with a 90 second break and keep building up. I have no idea why they arent more popular.



MadXC 111 posts since

Jun 4, 2000 9. **Re: shoulder muscles** Jan 12, 2003 1:22 AM

I lift semi hard during my base training phase, which i'm doing right now. I lift 3 days a week, monday, wednesday, and friday. Monday and Wednesday I lift for endurance, 3 sets of 15 to 20 reps of straight bench, incline, decline, then I do bicep curls, then I do push-ups and sit-ups and reverse push ups following the same number of sets and reps, but with push ups and sit ups, i'll do 20 push-ups, then sit-ups, then reverse push-ups with no rest in between. On friday I do pure strength lifting, only 3 sets of eight reps and no floor exercises(like push-ups, etc). People say runners shouldn't strength train their upper body's, that's a bunch of crap. Just keep an eye on the scale. When you first start phasing in hard core strength training, you'll probably actually lose weight. But if you start to gain weight, like over 5 pounds, then it may be time to lay off a little on the strength training. I think if you have weak muscles anywhere on your body they are slowing you down. In the last couple of seasons I have lost weight, I weigh 120lbs, yet I can bench 167. There are runners out there that weigh more than me, are slower than me, and think that it is okay, and natural, that they can't even bench 100 pounds because they're runners. They think lifting will make them gain weight. I try to explain to them that by working their entire body they become fat burnign machines, and will probably actually lose weight if they do it right. If they trained their entire body's like I train mine, then they could probably have a chance at beating me. But you're running pretty decent times, you'll only get better from here, and lifting will definately probably help you out. When I was in high school I only broke the 5 minute barrier twice. Now a few years later, I'm going to try to run sub 5's the whole way through the 5K on the track.