

# New Forum Needed !!!

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[wing zero](#) 79 posts since

Jan 30, 2007

Hi, I really like coolrunning but I feel that there is a missing forum category. Cross Training

We should have a running-related cross training forum. For things like strength training ideas to improve running, great core workouts for runners, and other good cross training info that is helpful for improving running or recovering from injury.

Yes, yes i know that the Multisport Training Forum is supposed to have this stuff but it is very minimal and most ppl talk about triathlon stuff.

yes, it is related but I feel that we need a more specific forum for just this stuff. ppl like me are very interested in strength training for running and don't really care about duathalons, tris and other posts that clogs the Multisport forum.

Just my opinion



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Jan 30, 2007 1. **Re: New Forum Needed !!!** Nov 29, 2007 12:28 PM

Sorry, i had to continue my rant...

I mean really, part of the description for the Multisport Training Forum says, " as well as the benefits and techniques of cross-training. " but go in there and scroll through a few pages and count how many posts there are about the great and wonderful benefits of core training for running improvement!

Core strength is a big deal for all sports, i think. We need a forum that highlights this important running related subject! There are hundreds of great core exercises (and other strengthening/stretching routines for other body parts) out there and I know that many of you running vets have good ideas to share so lets create a new forum dedicated to strength training and flexibility ideas!

Thank you and Go Cowboys!