

Cramping up on treadmill!!



[zookeeperrunning](#) 227 posts since

Aug 8, 2008

About a month ago I started taking my long run on weekends outside. Before I had been strictly running only on my treadmill for 6 months!!! Now that I run outside on weekends, and run on my treadmill during the week, I have found that I cramp up everytime I am on the treadmill. It starts as soon as I start to run and last the entire run, no matter if it's 4 miles or 6 miles!! Sometimes it becomes quite painful and becomes very difficult to take deep breaths. I never encountered this problem before I started running outside, and I don't have this problem when I take my long run outside, which is 8-10 miles!! Am I doing something wrong? What can I do to fix this problem so that I can make running on my treadmill somewhat enjoyable again. I absolutely dread running on it anymore, cause it is no fun running that long with side stitches!!!

Oh and I thought I should also say, it does not matter what my speed is either, it happens whether I am running slow or fast, it doesn't change...I have even tried walking for a while to see if it would go away, and after a 1/2 mile of no change just figured I'd finish out running, why walk if I am gonna still be cramped up!!??

Any suggestions??

KEEP ON RUNNING!!!

Carey

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[nicasio3](#) 53 posts since

Nov 24, 2007 1. **Re: Cramping up on treadmill!!** Dec 20, 2008 11:35 AM

stretching, before start,

warm up at least 15 minutes

before you go to the maximum speed

eat bananas

good luck



[Tim Van](#) 32 posts since

Jul 26, 2007 2. **Re: Cramping up on treadmill!!** Dec 20, 2008 11:51 AM

Hello Zookeeper,

I have to be honest I'm not a big treadmill runner anymore, although I used to spend quite a bit of time on one and I will be running for 24 hours on one in January.

Just an idea that may help out. I have noticed that most people when running on a treadmill tend to lean forward a little more than when running outdoors. This is obviously an attempt to maintain a center of gravity as the "ground" moves underneath them. The lean in and of itself is not a problem however, I have also noticed that most people tend to bend at the waist to add the extra lean.

That can be a problem. If you are running both indoors and outdoors and your longer runs are outside you may be adjusting your form outdoors to a more erect position. When you return to the treadmill to maintain your balance you might find that your are bending slightly at the waist. This bending could be enough to close down your midsection and cause you to cramp.

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I would suggest paying attention to this and see if maybe you can lengthen your posture (no bend at the waist). On the treadmill people tend to bend no matter what the speed just to maintain balance and so it could be happening whether you are running or walking which would explain why it doesn't matter what speed you're going.

Just an idea. Obviously without actually seeing you run indoors and outdoors its the best thought I can offer.

Give it a try! Hope this helps.



[zookeeperrunning](#) 227 posts since

Aug 8, 2008 3. **Re: Cramping up on treadmill!!** Dec 21, 2008 7:20 AM

in response to: [Tim Van](#)

[Tim Van](#),

Thanks for you reply...I must tell you I definitely do not enjoy running on my treadmill during the week, but I have no choice since my teenagers are in school and I have no one else around to watch my almost 2 year old while I run. And that is the only reason I run on the treadmill during the week. You can bet that over the big kids xmas break, this Mommy will be outside running for those 2 weeks!!!

Yesterday I ran 6 miles on my treadmill, and again the entire time I had cramping, it wasn't as severe as it has been but it was annoying enough to be a pain in the *** the whole time!! I will take your idea into consideration, and pay more attention to my form next time!! It makes sense and maybe that is what is happening...Thanks for the advice!!

And good luck with your 24 hour treadmill run...What a great cause!!!

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KEEP ON RUNNING!!

Carey



[dinkinaround](#) 3 posts since

Dec 21, 2008 4. **Re: Cramping up on treadmill!!** Dec 21, 2008 8:52 PM


 in response to: [zookeeperrunning](#)

I have found that no matter how big and nice the tread mill is I still subconsciously check my stride when I use one. I don't utilize my core muscles in the same way either (as previously mentioned in the above post). My dad is a personal trainer and he said that not running in your most comfortable stride setting can tend to cause you to breathe differently, changing the way your blood pumps and your lungs work (okay, that's the simplified version...he tried the "real" version and I just looked at him like a deer in the headlights.)



[Kim Runs](#) 71 posts since

May 1, 2008 5. **Re: Cramping up on treadmill!!** Dec 22, 2008 1:29 PM

 in response to: [zookeeperrunning](#)

Hi ZooKeeper,

I am in the same boat you are (minus the cramps). I have to run on the treadmill during the weeknights and have my long run on Saturday mornings.

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I think running outside is better b/c of the fresh air and i am able to regulate my pace. The treadmill forces me to move and it is stiffling with lack of fresh air (even though i keep it outside in my screened in patio one might think the air quality is a-plenty...not!).

Maybe the lack of oxygen is to blame. ?? Keep the course and stay strong!! 😊


Waddling on,

kimRuns



[zookeeperrunning](#) 227 posts since

Aug 8, 2008 6. **Re: Cramping up on treadmill!!!** Dec 22, 2008 6:49 PM

 in response to: [Kim Runs](#)

[Kim Runs](#),

Thanks for your reply...I am glad to hear I am not the only one who has these feelings about running on the "hamster wheel"!! I am trying to stay focused, and remind myself to be thankful that I have one to run on during the week. If I didn't, I would still be fat & lazy!!

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KEEP ON RUNNING!!!

Carey



[Steve Mustangred](#) 586 posts since

Oct 10, 2007 7. Re: **Cramping up on treadmill!!!** Dec 23, 2008 2:52 PM

 in response to: [zookeeperrunning](#)

Exactly where are you cramping up?

I can only suggest that you try to relax, take your mind off the TM and reduce your pace slightly.