

Progress of Strength Training at the Kieser Training Facility, Pymble

Background: There was a lucky door prize that I won at the Turramurra Trotters 2017 Christmas party. This consisted of a free strength training programme donated by the Kieser physio/gym facility in Pymble for two sessions per week over a three month period – with one on one supervision.

I have completed two weeks of strength training at this time (1 hour per session). My tailored programme uses 11 different machines that work different muscle groups. Since I'm a runner, the legs, glutes, abs and core body muscles are predominantly being strengthened, with chest muscles thrown in for overall balance.

On each machine, the aim is to repetitively lift a chosen weight until reaching exhaustion over an interval of 90 to 120 seconds. There is a degree of judgement involved on the part of the Kieser trainer in choosing the appropriate weight for each routine, but this weight is progressively increased from session to session if the 120 second interval is exceeded. I have reached 180 seconds (the maximum that they allow) for each activity in each of the four sessions, so the weights are being progressively increased until I reach the optimal level (exhaustion from 90 to 120 seconds) in the near future.

I'm physically feeling stronger after the first two weeks of this programme and look forward to continued improvement over the remaining two and a half months. It will be interesting to see how my running times improve over time as a result of the strength training. I will provide updates from time to time.

PS. They measured the strength of some of my muscle groups after the first week and it seems that I fit the typical long distance runner's profile – strong quads, but glutes that are only in the average range. By the time they are finished with me I might end up with a sexy bum (well, that could be a dream anyway).

George Chmiel

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