

Happy Hump Day, JunkEes!! It's time for our Weekly Chat. (Yaaaaayyyyy!!!!!!)

This week's topic – Strength Training

Do you use strength training as part of your plan? If so, what type of training do you do (body weight, heavy weights, guided classes like Body Pump or CrossFit, etc.)? If you don't do strength training, what keeps you from adding strength training to your regimen – time, past experi... [See More](#)

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[16Harish Pai, Sara Deacon and 14 others](#)

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[Melissa Wood](#) I used to belong to a standard “big box gym” (a local version of 24-hr fitness), but I never went – it was way too hard for me to self-motivate to 1) get there, and then 2) figure out what kind of workout would be most beneficial...and it was way too eas...[See More](#)



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[Dave Hart](#) Yeah i felt that way when i joined Golds but they do have trainers if you want to spend big bucks.

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[Melissa Wood](#) Yeah...key phrase there, "big bucks!" ;)

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[Jimilea Fry](#) I do strength training as well. Keeping the core and glutes strong decrease risk of injury. I'm just getting into yoga now. Getting older, I need to work on stretching and flexibility!!!!

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[Melissa Wood](#) Oh jeez...yeah, that silly flexibility/mobility thing! When I first started at the gym I literally couldn't squat without either falling over or lifting my heels off of the floor. It takes a lot of work to counteract all of our crazy running!!! ;) ;)

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[Jimilea Fry](#) [Melissa Wood](#), I made my trainer crazy. I took me awhile to squat correctly. 😊

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[Melissa Wood](#) Yep! Everyone laughed at me (granted, I was laughing too...and likely rolling on the ground bc I'd fallen over), but I also got mad props for all the work I put in, and man was there ever a sense of accomplishment when I finally figured that darn thing out! Now I find that the squat is one of my favorite mid-run resting positions!! (Go figure, eh?)

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[Jimilea Fry](#) [Melissa Wood](#), right!!!

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[Beth Howle Brown](#) I have the best of intentions, and I will go for 5-6 weeks, then I get bored, sign up for a marathon, and quit because I'm running so much! lol Rinse and repeat. Some day I will be better at managing it.

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[Melissa Wood](#) Oh man, yeah, it's really hard to fit everything in with marathon training! like I said, it slipped this spring bc of the distances I was running...so I feel your pain (quite literally as I'm so sore right now that I have no option other than to waddle...)! Fingers crossed you find a way to balance/moderate! :)

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[Jimilea Fry](#) I bought some hand weights, kettle ball, and a TRX. If I can't hit the gym, I have no excuse!!!!

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[Melissa Wood](#) ...but the couch looks so comfy...and popcorn...
(I know it's a lost cause if I try to workout at home...too many excuses.)

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[Jimilea Fry](#) I just do it in front of the tv. Plank during commercials!!!!

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[Melissa Wood](#) That always *sounds* like a great plan/justification...but I know it'll never happen.
(I fought it for many years first, but then I finally accepted that I just don't have the willpower - once my bum hits the couch it's over!)

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[Harish Pai](#) Getting into habit is tough..but once you do..it is difficult to break :)

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[Matthew Rutledge](#) The bulk of my strength training (no pun intended) is usually involving manual labor.

Turning standing trees into firewood is my favorite. Helping with hay transport is a close second.

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[Jimilea Fry](#) That is serious strength training!!! 💪

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[Melissa Wood](#) You also do a fair amount of snow removal, sir!!! (Probably even more this year now that you're in new digs!)

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[Matthew Rutledge](#) If I have to, I know where I can find shovel work...

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[Melissa Wood](#) Haha...I'm not driving up that mountain to shovel snow...my complex shovels for me (in fact, I don't even own a shovel)! :-D

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[Matthew Rutledge](#) 😄😄😄

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[Harish Pai](#) Well..at least you are also getting paid for it (I hope 😊)

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[Matthew Rutledge](#) Nope...

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[Evelyn Mathis Switzer](#) I do P90X 4 days a week and run 3 days a week. It gives you a Sunday rest day but I do Xstretch. Works great for me especially in the summer when I have to cut miles.

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[Melissa Wood](#) I have friends that love P90X...I just have such a hard time saying off of the couch...because it just looks so comfy and welcoming...

Sounds like an awesome training plan!

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[Beth Howle Brown](#) Does anyone do Hansons marathon training, strength training, and have any kind of life? If so, I need to know how you do it. I like strength training (when it doesn't bore me), but running 6 days a week...and yet, I know that doing some strength training would help with running 6 days a week...and round and round we go. lol.

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[Jimilea Fry](#) I do my strength training on low mileage days.

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[Melissa Wood](#) It's a vicious cycle, eh? I've had the most luck keeping up with strength training during longer distance runs when I did CrossFit Endurance workouts - they bring in the metabolic conditioning (sprints stuff) alongside other movements (at lighter weigh...[See More](#)

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[Beth Howle Brown](#) I guess I need to just suck it up and figure out how to do it. Truthfully, I know that somewhere in there I have the time (umm...hello, chatting on FB with JunkEes), I just need to make the commitment. I hate classes though, so I need to come up with a...[See More](#)

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[Jimilea Fry](#) [Beth Howle Brown](#), Wednesday night FB chat is okay. This is educational. 😊

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[Beth Howle Brown](#) Ha! Of course!

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[Melissa Wood](#) Yeah, that's precisely why I know I just can't do it at home. Google CrossFit Endurance Workouts - there are a LOT of them that you could easily do at home and/or at a nearby park.

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[Harish Pai](#) Hanson plan is exhausting! I have never considered it for any of my marathons due to the high mileage..Definitely a challenge to also find time for cross training...but all the more important for staying injury free.

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[Lisa Jean Caltabiano](#) I did my first marathon without any strength training. My concern is time issues and balancing life and training. But I realize the need for it, and think it would have helped me a lot. I'm so tired towards the second part of training that I wonder if strength training will make me more tired, or if I had done it all along would I be less weak and tired?

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[Jimilea Fry](#) Having a strong core makes a big difference!!!!

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[Beth Howle Brown](#) Yup. Same issues. I have a VERY supportive spouse, but marathon training takes a toll--in bed and asleep by 9 pm and up at 5 is hard on the guy. lol. Have to balance all of that.

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[Melissa Wood](#) You could always try a more passive form of strength training - trail running!!! The uneven ground strengthens your ankles/calves/thighs, and the balance it requires works your core...all while you're (gasp) running (or hiking)!!

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[Melissa Wood](#) (I also use trail running as a tool...)

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[Lisa Jean Caltabiano](#) mmmm! I do miss trail running

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[Jimilea Fry](#) [Melissa Wood](#), I have a hard time with uneven sidewalks. Trials would not end well for me!!! 😊

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[Beth Howle Brown](#) Yeah, I still have scars from my last attempt at trail running last year.

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[Jimilea Fry](#) [Beth Howle Brown](#), yikes!!!

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[Melissa Wood](#) Baby steps, ladies...start slow. It's not about speed on the trail. Walk if you've gotta, jog when you can, and just slowly build speed.

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[Beth Howle Brown](#) Lol, [Melissa](#), I was walking. Grace and agility are not in my vocabulary!

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[Jimilea Fry](#) [Beth Howle Brown](#), ditto!!!!

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[Beth Howle Brown](#) I love the idea of trail running, and would love to do an ultra someday...which means most likely running on...trails. We have some great trails around here, too. It's on the list of things to get better at. But there are also bugs and critters on trails, and that makes me squeal like the girl I am.

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[Melissa Wood](#) Hahah...I get the bugs/critters thing...there are less of them early in the morning. As for the rest, unfortunately the only way to get better is to do them more. Are there any "beginner" trails you can start with (mostly crushed gravel/packed dirt without many rocks/roots)?

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[Beth Howle Brown](#) Maybe-I have a few trail running friends who I can ask. Hubby and I are doing a half in October down in the lowcountry (flat) that is supposed to be on a packed dirt trail. We shall see...we live in the foothills, so pretty much everything is hilly/mountainous-type things.

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[Jimilea Fry](#) I just moved to DC. I've been told we have smooth trails. May give it a try after Paris?!?!

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[Beth Howle Brown](#) Oooh..I LOVE DC. Definitely ask around, there are so many places to run there. I've only visited a few times, and in the last few years, only to run MCM, so I can't testify about the trail selection, but it's one of my favorite cities.

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[Melissa Wood](#) Also look for local trail running groups and/or clinics...I have a friend who is new to trails that just started one and is LOVING it...right, [Shari Ashley](#)?!?!?

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[Jimilea Fry](#) It was just voted best city to run in. 😊🏃



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[Jimilea Fry](#) [Melissa Wood](#), I'll check that out. Thank you!!! 😊

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[Jimilea Fry](#) Since we are talking about strength training, thought I would share, lol!!!



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[Lisa Jean Caltabiano](#) So, if I wanted to add in some strength, but dont have a huge amount of time.. whats the best option. [Jimilea](#) says core makes a big difference. That's easy enough. Something I can do at home. What about squats and lunges? Or should I be doing weights?

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[Melissa Wood](#) I'd start with bodyweight - abs, pushups, and squats/lunges - then see how you feel and decide if you want to bring in weights. There are a BUNCH of pretty awesome 30-day challenges on the Internet, some focus on just one of those movements and others will bring in all 3 (Plus it keeps the time commitment to a minimum).

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[Lisa Jean Caltabiano](#) That's doable.

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[Beth Howle Brown](#) [Emily LePinnet](#) (aka Neon Runner) does amazing things at home with body weight and/or 20 lb. dumbbells. Maybe she'll chime in at some point.

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[Emily LePinnet](#) Hi!! 🙌🙌

Def can be done at home. ...[See More](#)

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[Emily LePinnet](#)



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[Beth Howle Brown](#) You are awesome! :)

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[Harish Pai](#) This 'Dirty dozen' routine takes about 20 to 25 mins <https://youtu.be/zgtx6gfGkJk>



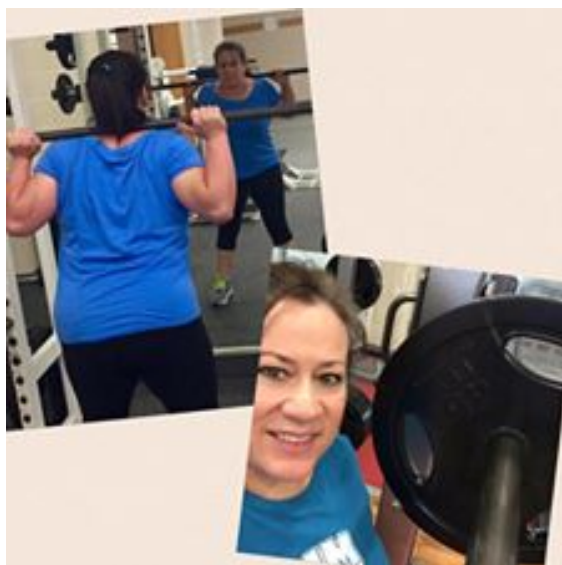
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[Victoria Stuart Swauger](#) I lift weights, kettlebell workouts, and TRX. Unfortunately I am one that does not enjoy working out so I have to have a variety. I do think it helps prevent injury and this old body needs all the help it can get. I was so happy when I was finally able to use the "big" plates for squats 😊



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[Melissa Wood](#) Congrats on the big plates!!!!!! (And PS - you're NOT old!!)

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[Victoria Stuart Swauger](#) I know everyone says 50 is not old anymore, but being a couple of years away from that number is starting to get to me. Just more motivation to keep moving and try to stay young 😊

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[Melissa Wood](#) Age is just a number...you look fantastic and nowhere remotely near 50!!

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[Victoria Stuart Swauger](#) Awe you are too kind 😊. Thank you

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[Melissa Wood](#) I only speak the truth!!

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[Morgan Lancaster Pittman](#) So I don't do things like everyone else, but do lift (small weights) for my upper body and I run pushing my son so with him and the stroller it's about 50lbs for 3-4 miles. Running with a jogger is a different beast and makes me much stronger on my runs when he isn't with me.



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[Jimilea Fry](#) I applaud you for that. That looks tough!!!!

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[Melissa Wood](#) Oh. My. Goodness!!! I pushed my friend's kid in the stroller, talk about a workout!!! Mad props!!

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[Morgan Lancaster Pittman](#) It is a different run for sure. I got a little aggravated tonight I couldn't catch up with this one girl stayed about 20 feet in front of me. I had to keep telling myself I was pushing 50 lbs and she wasn't 😞 so I was doing just fine.

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[Jimilea Fry](#) [Morgan Lancaster Pittman](#), it's hard enough wearing a hydration pack!!!!

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[Morgan Lancaster Pittman](#) 😊

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[Harish Pai](#) Pushing a stroller when running. I applaud all parents who do it...It must be quite a workout!

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[Kristi Miller](#) I love pushing my 3yo in the stroller. It makes solo runs soooooo much easier!! I feel like i'm flying...i also feel like a baby giraffe bc having my second arm free is awkward lol

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[Morgan Lancaster Pittman](#) It does make the run go by faster. Sometimes we have conversations and sometimes he just sits back and enjoys the ride.

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[Kristi Miller](#) My daughter will sing and dance...and yell at me to run faster 😂 lol free entertainment

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[Morgan Lancaster Pittman](#) Yes, I get the run faster quite frequently 😊

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[Kristi Miller](#) 😂😂 little turds

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[Morgan Lancaster Pittman](#) 😂😂

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[Jill Sanders](#) I started lifting again about 2 months ago. I love it. I'm learning everything on my own so it's been interesting. My pace is almost a minute faster than it had been which is shocking with this heat.

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[Jill Sanders](#) I've also been able to run a sub 8 mm. Even in my youth I'd never ran under an 8:32



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[Melissa Wood](#) Way to go!!!

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[Bridgett Long Shoemaker](#) I do strength training twice a week with a trainer. I've noticed a huge difference with my running. I started breaking PR's. The major thing I noticed was I felt great

after my first marathon in January. I've been with my trainer for a year now and I love every minute of it. In my opinion I highly recommend it.

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[Melissa Wood](#) Heck yes! And yeah, strength training really helps with recovery!!!

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[Bridgett Long Shoemaker](#) I was walking around Disney parks the next day with absolutely no issues. My family couldn't keep up. It was a great feeling

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[Melissa Wood](#)

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..



[Lesley Anne Lainsbury - Jowsey](#) PiYo in between lifting my wine glass. What? No judging..;)

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[Melissa Wood](#)



[Like](#) · [Reply](#) · [1](#) · [9 hrs](#)



[Melissa Wood](#) (No judging!)

[Like](#) · [Reply](#) · [1](#) · [9 hrs](#)



[Lesley Anne Lainsbury - Jowsey](#) It's winesday!

[Like](#) · [Reply](#) · [1](#) · [9 hrs](#)



[Melissa Wood](#) Cheers!!

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[Harish Pai](#) I hadn't done any cross training until this year. Now I do a 30 min routine 2 to 3 times a week..usually at home...nothing fancy..just basiv stuff..planks, squats, lunges, crunches etc..

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[Melissa Wood](#) How has it impacted your running??

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[Harish Pai](#) Oh yes! I took 10 mins of my half time from last year...Core Hips Glutes strengthening definitely had a big part in it.. ☺

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[Melissa Wood](#) Heck yes!!! Way to go!!!

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[Kristi Miller](#) I do body pump once a week and hot yoga once a week as well. When i was in my best shape, i used to work out with my brother once a week. He was body building at the time and he would kick my arse til i could barely walk to the car lol i just invested ...[See More](#)

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[Melissa Wood](#) I know, right?!?!? That gym setting is intimidating (says the scrawny 5'1" girl)!!! That's why I like my gym...even the big, beautiful meatheads cheer for my wimpy bum! 😂😂

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[Kristi Miller](#) It was nice when I went with my brother bc I knew he knew what he was doing so i wouldnt look like a complete tool lol

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[Melissa Wood](#) Yeah, having a lifting buddy helps SO MUCH!!

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[Nichole Garza](#) I was doing Strong lifts 5x5 but have stopped because I've been a major slacker about going to the gym. I have only been running and need to get back into strength training!

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[Melissa Wood](#) It's amazing how much I miss it when I'm away from the gym for a few days!!!

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[Nichole Garza](#) Once I'm there, I love lifting, just need to kick myself in the butt to get myself to the gym! Haha!

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[Melissa Wood](#) That's always the hardest part!

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[Bonnie Klein](#) I strength train two days a week with a trainer - mostly weights but some body resistance. I also do yoga twice a week. I know most people think of it as stretching but it's really strength training if you're doing it right 😊

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[Melissa Wood](#) Oh man...yoga kills me!!! I have bulk muscle, and running muscle, but my balance muscles are awful and I'm horrendously inflexible !!! Needless to say, I spend a lot of time laughing at myself when I do yoga!!

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[Caitlyn Witt](#) I lift 3x a week at my local gym and I'll do the elliptical for 20-30 minutes some days as well. I grew up using my body as weights during martial arts and it's kind of stuck with me to continue lifting with bodyweight and free weights.

I took a fitness/Phys Ed. weight lifting class in college for credit and it helped me a lot to learn about the different variations of lifting and how to incorporate it into my running routines.

I love lifting and for me, building my upper body strength and maintaining has always been a on/off battle, but with weight training, I'm starting to see my shoulders and arms build muscle again and my legs are still as strong as ever :)

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