

Active4Life Running Coaching presents

# 5 GREAT BENEFITS OF THE LONG RUN

Go long to go fast

## BIGGER STRONGER BETTER HEART AND LUNGS

### More efficient lungs

The heart muscle becomes bigger and stronger so it is able to pump more oxygen rich blood with each stroke, your lungs become more efficient and blood circulation in general improves.

## DENSER CAPILLARY NETWORKS

### More oxygen delivered to the muscles

The capillary beds (which transport oxygen) in the muscles are expanded and new ones are created. Oxygen is important for aerobic energy production in the muscles, therefore greater oxygen delivery = faster for longer.

## DENSER MITOCHONDRIA

### More energy producing capacity

Mitochondria are the energy factories in our muscle cells. Therefore the more mitochondria we have, the more energy can be produced during exercise = faster for longer. Add to this increased oxygen present to produce energy and BOOM, you have nuclear muscle performance!

## INCREASED STRENGTH

### Fortified muscles and joints

The repetitive load on muscles and joints over a long period signals to the body to make muscles, tendons and ligaments more resilient. The result is more muscle endurance, less muscle and joint soreness and increased resistance to cramp.

## MENTAL TOUGHNESS

### Where the magic happens

Just as your body adapts to resist physical fatigue, your brain (which is where the fatigue signals to the body originate in the first place), adapts to resist mental fatigue.