

You might not associate running with building muscle, but ask any frequent runner whether their lower body is more muscular since they started running, and almost all will tell you it is. However, if building muscle is your priority, you might wonder whether running is something you should avoid. The stereotype of a long-distance runner is someone who is very lean, so is pounding the pavement something you should stay away from if you want a broader body? Does running build muscle? If you do the right type of running then the answer is emphatically, yes. Growth hormones are the small proteins that tell your muscles to grow. There are plenty of people out there who think that the only way to get a growth hormone spike is to lift weights and workout in the gym. While high-intensity weight training will give you a growth hormone spike, a study by the US Army Research Institute found that steady-cardio, such as running and cycling, can send growth hormone levels soaring.

(Image: https://healthtrends.com/wp-content/uploads/2020/05/81jcNhl2N6L_AC_SX679.jpg) What's more, it found that the hormonal boost hung around at higher levels for longer in the test subjects who had been cycling rather than lifting weights. However, research also suggests that the muscle-building capabilities of running are associated with shorter distances run at a faster pace, such as interval training. One study of 30 [best male enhancement supplement](#) amateur runners found that those who ran the longest distances (26.1 miles) had the highest levels of muscle protein breakdown (MPB), causing significant muscle damage and inhibiting muscle growth. Therefore, if it's muscles you want, high intensity, short duration running should be the focus of your training. How does running build muscle? We've established that running does build muscle, but how does that happen? Without getting too bogged down in the science, here's a quick explanation. Muscle growth occurs when muscle protein synthesis (MPS) exceeds muscle protein breakdown (MPB). Protein can be added to and removed from muscle based on factors like diet and exercise.

When you do a form of exercise that makes more protein than it removes i.e. more MPS than MPB, then muscle grows. If the exercise stimulates more MPB than MPS, the muscle shrinks. We've seen that short duration, high-intensity running stimulates more MPS than MPB, so your lower body becomes more muscular. With long-distance running, it's the other way around, so you actually lose muscle. Now we've established that running can help to build muscle, let's take a look at a few high-intensity running workouts that will give your lower body the biggest boost. That may not sound like your idea of a good time, but no one said building muscle was easy. Find a hill, make it a steep one, and sprint up it for 20 seconds, then walk back down to where you started and do it all over again. Repeat it ten times and you'll really feel the burn. Can running build leg muscle? Absolutely, and interval training is just about the surest way to do it.

Do 6 sets of 20-second sprints at maximum intensity followed by 2 minutes of light jogging for [best male enhancement supplement](#) a simple but effective workout. Alternatively, if you live in a residential area, you can use the street lights to guide you. Start at around 40 percent effort and up the intensity by 10 percent every time you reach a street lamp until you reach 100 percent, [Alpha Surge Male formula](#) then reverse the process back down to 40 percent and repeat as required. If you have access to a track then a very simple way to do some muscle building is to jog the curve of the track at an easy pace and [official Alpha Surge Male website](#) sprint the straight. Repeat for 6-8 laps and watch those muscles grow. Whatever form of muscle-building running you choose to do, make sure that you warm up beforehand and cool down afterwards. This is particularly important when doing such a high-intensity work out. Running is good for building muscle but only if you give your body the right fuel. Without adequate nutrients, particularly protein, your body will not be able to support the muscle-building process and all of your hard work will be wasted. Protein further enhances the stimulation of muscle protein synthesis (MPS) to promote greater muscle gains. It is recommended that to build muscle, you should eat between 0.64-0.91 grams of protein per pound of body weight every day. If you weigh 170 pounds, [best male enhancement supplement](#) that's around 125 grams of protein. Meat, poultry, fish, eggs, dairy and [natural male enhancement pills](#) beans are

all high in protein and will form the basis of an effective post-workout meal.

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