

Strength and Conditioning Training for Runners



Let's speed things up...

Who wants to get faster?
How are you going to do this?

FASTER: ↑ ***STRIDE RATE***
↑ ***STRIDE LENGTH***

POWER to the people...

Power = Force x Velocity

↓
Stride Rate
Stride Length

↓
Genetics
Strength/Conditioning

↓
Speed Work
Intervals
Hill Work

Benefits of Strength and Conditioning

1. **Running-specific**
2. **Health & Lifestyle**

Benefits of Strength and Conditioning

Running-specific

- **Increased stride length**: Stronger legs=stronger push-off/decreased foot collapse from ground force
- **Decreased running-specific injuries**: strengthens bones/muscles/ligaments/tendons/joint tissues
- **Increased efficiency of running technique**: Core/low back/torso/pelvis ability to resist fatigue and strain, and increase stability
- **Increased energy**: Increased fatigue resistance of muscle, require less energy to work to move body through race...INCREASED RUNNING ECONOMY

Benefits of Strength and Conditioning

Health and Lifestyle

- Increase in bone strength helping to prevent/treat osteoporosis
- **Prehabilitation**: improves posture and decreases muscle imbalances causing running-specific injuries (IT band syndrome, knee pain, hip bursitis, plantar faciitis)
- Increased lean body mass
- Decreased fat mass
- Maintenance of muscle mass with aging
- Improved self-esteem and confidence



Guidelines for Running-Specific Strength & Conditioning

Running-Specific Musculature

- Focus on major lower limb groups around ankle/knee/hip joints primarily utilized for running (quadriceps, hamstrings, gluteals, calves)
- Focus on major upper limb stabilizers that control posture, form, and bodily control (abdominals, upper/lower back, pectorals, shoulders)



Guidelines for Running-Specific Strength & Conditioning

Running-Specific Movements

- Perform exercises that directly mimic actions the body performs as it runs
- Squats, leg press, hamstring raise, calf raise, box steps, lunges, and all core conditioning

Periodization: The Runner's Training Calendar

- Strength training should move with the athlete from:
 1. off-season
 2. pre-season
 3. in-season
 4. recovery



Upcoming Programs

- Spring Cycle Power: March 15-May 2
 - Spin sessions to maximize pre-season fitness
- Integrated Movement Power: March 16-May 3
 - Yoga-style movements and functional movement training for strength and flexibility

learn. train. achieve.