

STRENGTH PROGRAM DESIGN FOR RUNNERS

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DEFINITION OF “STRENGTH TRAINING”

**More like
“Speed/Power/Strength”
Training**

**Not JUST in the weight room.
Includes hurdle mobility,
plyometrics, throwing, bodyweight
work, and traditional “weight
training” activities.**



WHY STRENGTH TRAIN?

**Skill
reinforcement**

**Muscular
balance**

**Recovery/
Adaptation**

“Skill” day

Movement Economy

Force Development

**VARIETY
OF
MOVEMENT**

“Chill” day

Hormone Response

Glycogen Depletion

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THE SKILL OF VERTICAL FORCE PRODUCTION:



THE SKILL OF ANCHORING:



WHAT: SKILLS = FORCE PRODUCTION AND ANCHORING

Sample activities for runners to improve force production skills:



HOW: ORGANIZING STRENGTH TRAINING

SAMPLE WORKOUT FOR “SKILL” ACTIVITIES

SAMPLE SKILL WORKOUT (BEG/INT HS ATHL):

1. IN-PLACE JUMP CIRCUIT: 12 EXERCISES, 15 SEC EACH, 30 SEC REST. 9 MINUTES TOTAL CIRCUIT TIME
2. BACKWARD OVERHEAD THROWS X 6
3. TWIST THROWS X 6 EA
4. JUMP TO THROW X 6
5. DYNAMIC STRETCHES X 10

SAMPLE SKILL WORKOUT (INT/ADV HS ATHL):

1. HURDLE MOBILITY
2. R-L-R-L-LAND BOUNDS X 5 REPS
3. DB JUMPS 4 SETS OF 5 JUMPS FOR HEIGHT. 15% OF BW
4. SPLIT SQUAT 2 SETS OF 5 SQUATS PER LEG
5. SKIPS FOR HEIGHT 2 SETS OF X 6 TAKEOFFS

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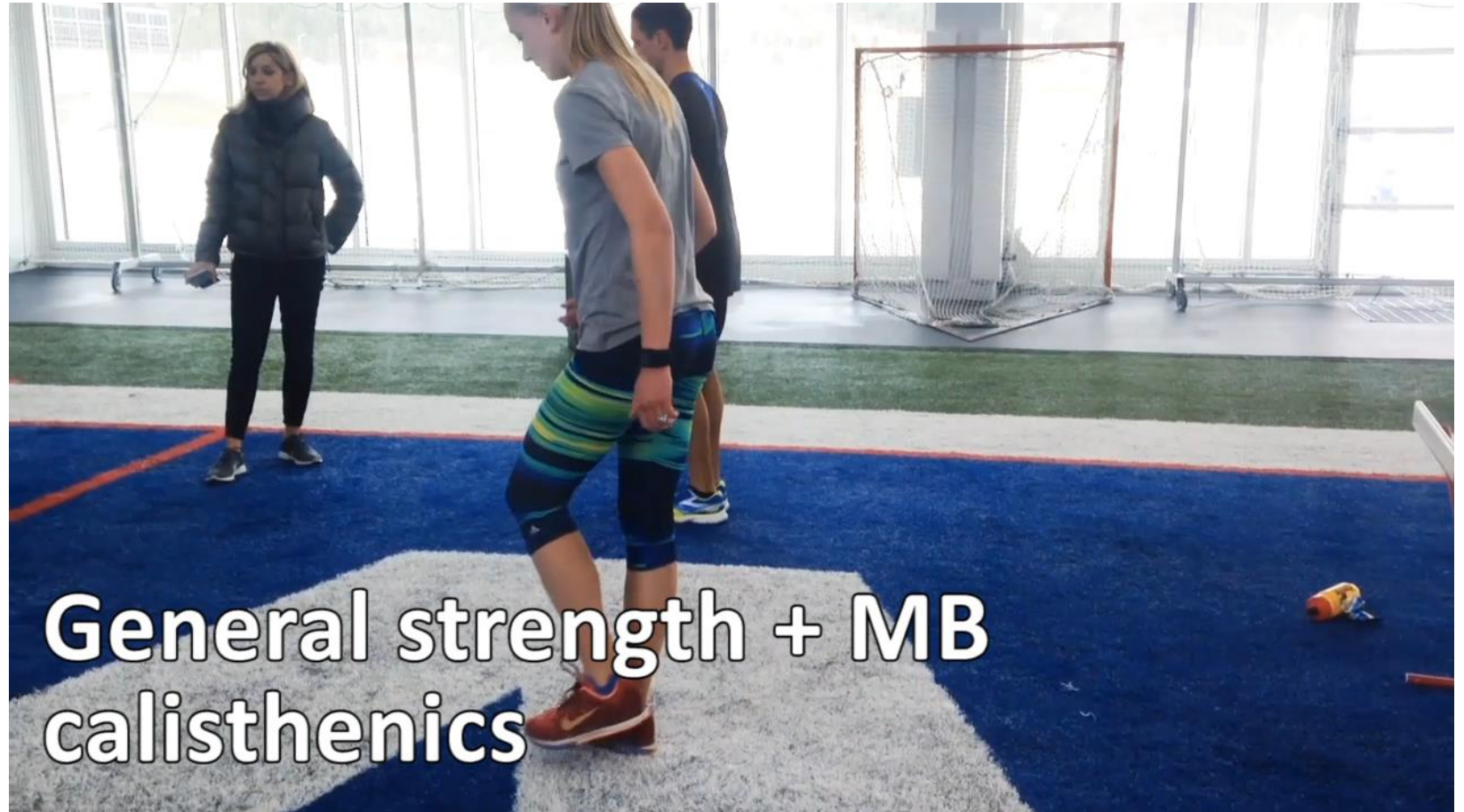
WHAT: TYPES OF MOVEMENTS

- Bouncy
- Twisty
- Sideways
- Backwards

= *VARIETY!!*

WHAT: CHILL DAY = RECOVERY

- ☑ Bouncy
- ☑ Twisty
- ☑ Sideways
- ☑ Backwards



HOW: ORGANIZING STRENGTH TRAINING

PROTOCOL FOR “CHILL” DAY CIRCUITS

- **Work: rest ratio is 1:1 or 2:1**
- **15-40 second work bouts**
- **8-12 minutes long**

- **Can add short sprints to increase intensity**
- **Mild lactate buildup aids recovery and provides aerobic work in the background**
- **Can substitute for aerobic work with injured or over-trained athlete**
- **Cumulative work provides healthy blood chemistry for healing process**

HOW: ORGANIZING STRENGTH TRAINING

SAMPLE GENERAL STRENGTH CIRCUITS

SAMPLE BODYWEIGHT CIRCUIT:

PERFORM EACH EXERCISE FOR 30 SEC. TAKE 15 SEC REST. PROCEED TO NEXT EXERCISE. 8 MIN CIRCUIT

1. PRISONER SQUAT
2. DECLINE PUSHUPS (FEET ON BLEACHERS)
3. V-UPS
4. LATERAL LUNGES R
5. LATERAL LUNGES L
6. YOGIS
7. LUNGE-RETURN ALTERNATE R-L
8. INCLINE PUSHUPS (HANDS ON BLEACHERS)
9. SUPINE R/L HEEL TAPS
10. MOUNTAIN CLIMBERS

SAMPLE PARTNER MED BALL CIRCUIT:

PERFORM EACH EXERCISE FOR 10 REPS. TAKE 15 SEC REST. PROCEED TO NEXT EXERCISE. APPROX 8 MIN CIRCUIT

1. KNEELING OVERHEAD PASS
2. STANDING SCOOP PASS R
3. STANDING SCOOP PASS L
4. ROTATIONAL CHEST PASS R
5. ROTATIONAL CHEST PASS L
6. SLAMDOWNS WITH JUMP
7. ROTATIONAL SLAMDOWNS R
8. ROTATIONAL SLAMDOWNS L
9. TRICEP THROWS

HOW: ORGANIZING STRENGTH TRAINING

SAMPLE REGIONAL LIFT (“BODYBUILDING”) CIRCUIT

**2x 10 REPS AT APPROX 75% EFFORT.
TAKE 60 SECONDS REST AFTER EACH EXERCISE.
REPEAT ENTIRE CIRCUIT ONE TIME**

- 1 Lat pull down
- 2 Hamstring curl
- 3 Hanging knee ups
- 4 DB or BB upright row
- 5 Leg extension
- 6 Weighted back hyper with twist R-L
- 7 Tricep extension
- 8 Windmills
- 9 Single leg RDL R
- 10 Single leg RDL L

HOW: ORGANIZE YOUR STRENGTH TRAINING

What is the workout today?

Match the running and strength themes

**Short intervals or speed development
“SKILL” ACTIVITIES**

**Long intervals or threshold
“CHILL” ACTIVITIES**

**Recovery run
“CHILL”
ACTIVITIES**

	Mon	Tues	Wed	Thur	Fri
<i>THEME</i>	Aerobic CHILL	Anaerobic Threshold CHILL	Aerobic CHILL	AM: Run with pickups PM:Alactic SKILL	Anaerobic/ AT pace CHILL
<i>WARMUP</i>	Walking hurdle mobility	Lateral and backward sprint dev drills	Dynamic stretches	Sprint dev drills + runouts	Skipping hurdle mobility
<i>WORKOUT</i>	40-70 min run	2 x 20 min at 80% ofVO2	Recovery Run	10 x 40 mtrs with 1-2 min rest	600-500-400- 300-200 with equal rest
<i>STRENGTH TRAINING</i>	General Strength & Core Stability Circuits	Regional Lifting Circuit		Multi jumps, Multi throws, Olympics, Statics	Med ball catch-toss circuit

Mon	Tues	Wed	Thur	Fri

HOW: ORGANIZING STRENGTH TRAINING

Step 2: What is the workout today?

Match the running and strength themes

Short intervals or speed development
“SKILL” ACTIVITIES

- ☑ Multi-jumps
- ☑ Multi throws
- ☑ Olympic and/or static lifts

Long intervals or threshold
“CHILL” ACTIVITIES

- ☑ Circuits- MB, MB Catch-toss
- ☑ Circuits- weight room (BB)

Recovery run
“SKILL” ACTIVITIES

- ☑ Circuits- BW, MB, Core
- ☑ Circuits- weight room (BB)

THANK YOU!

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