

Why strength train?

**Skill
reinforcement**

**Muscular
balance**

**Recovery/
Adaptation**

“Neural”

**Running
Economy**



Tensegrity

“General”

**Endocrine
and energy
system**

Tensegrity

The more submaximal running we do with small, repetitive ROM, the more we need to balance these contractions to create durability.



What types of exercises do I use?

Match the TRAINING THEME of each day



Long intervals or
threshold
"GENERAL"

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

Short intervals, speed
development, or rehab
"NEURAL"

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

Recovery run
"GENERAL"

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

WHY plyos?



RUNNING ECONOMY



VERTICAL FORCE PRODUCTION

Force production skills start here: Simplify your sprint development “drills”

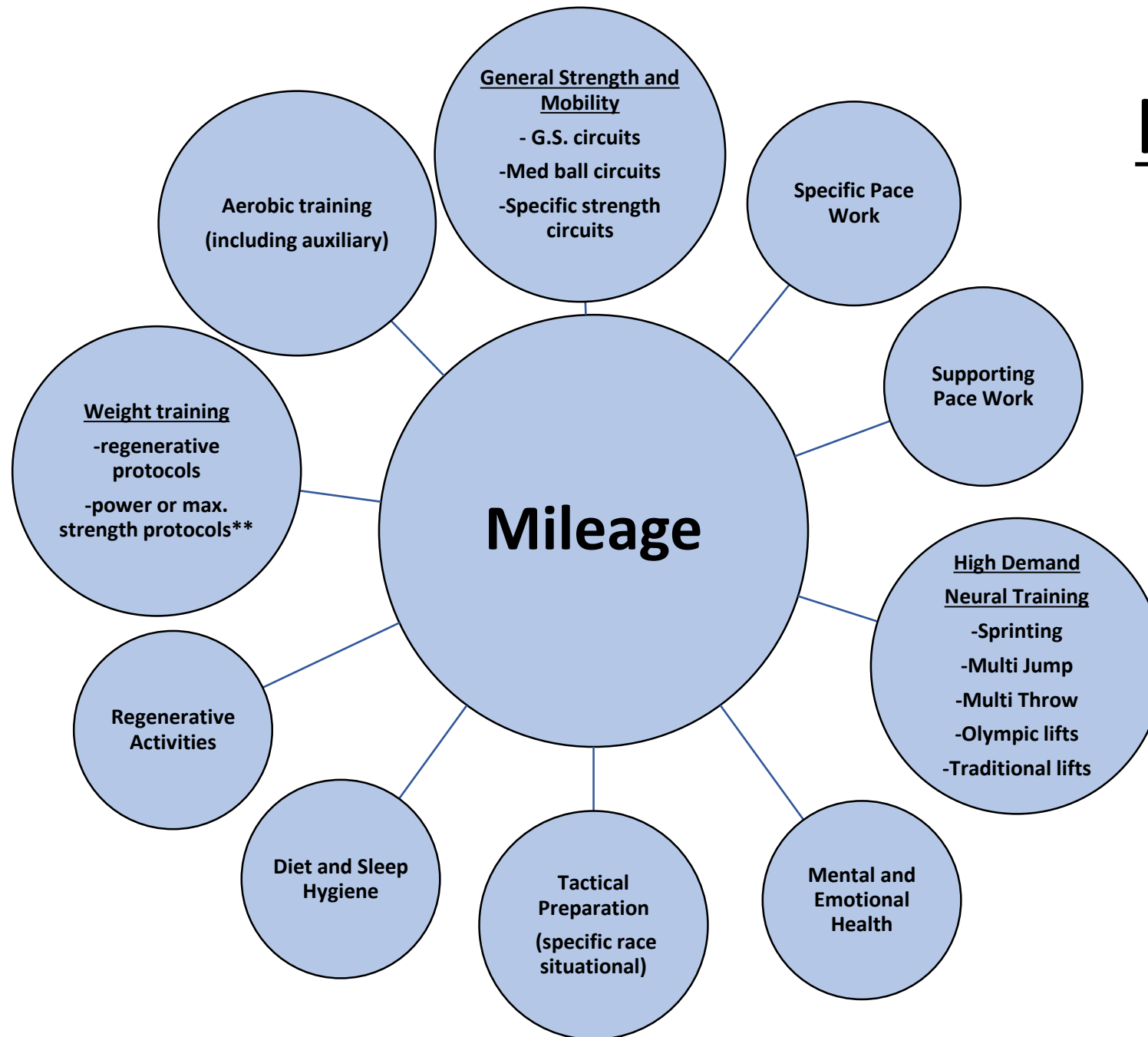
- ☑ Vertical force Production
- ☑ Posture
- ☑ Coupling time
- ☑ Coordination



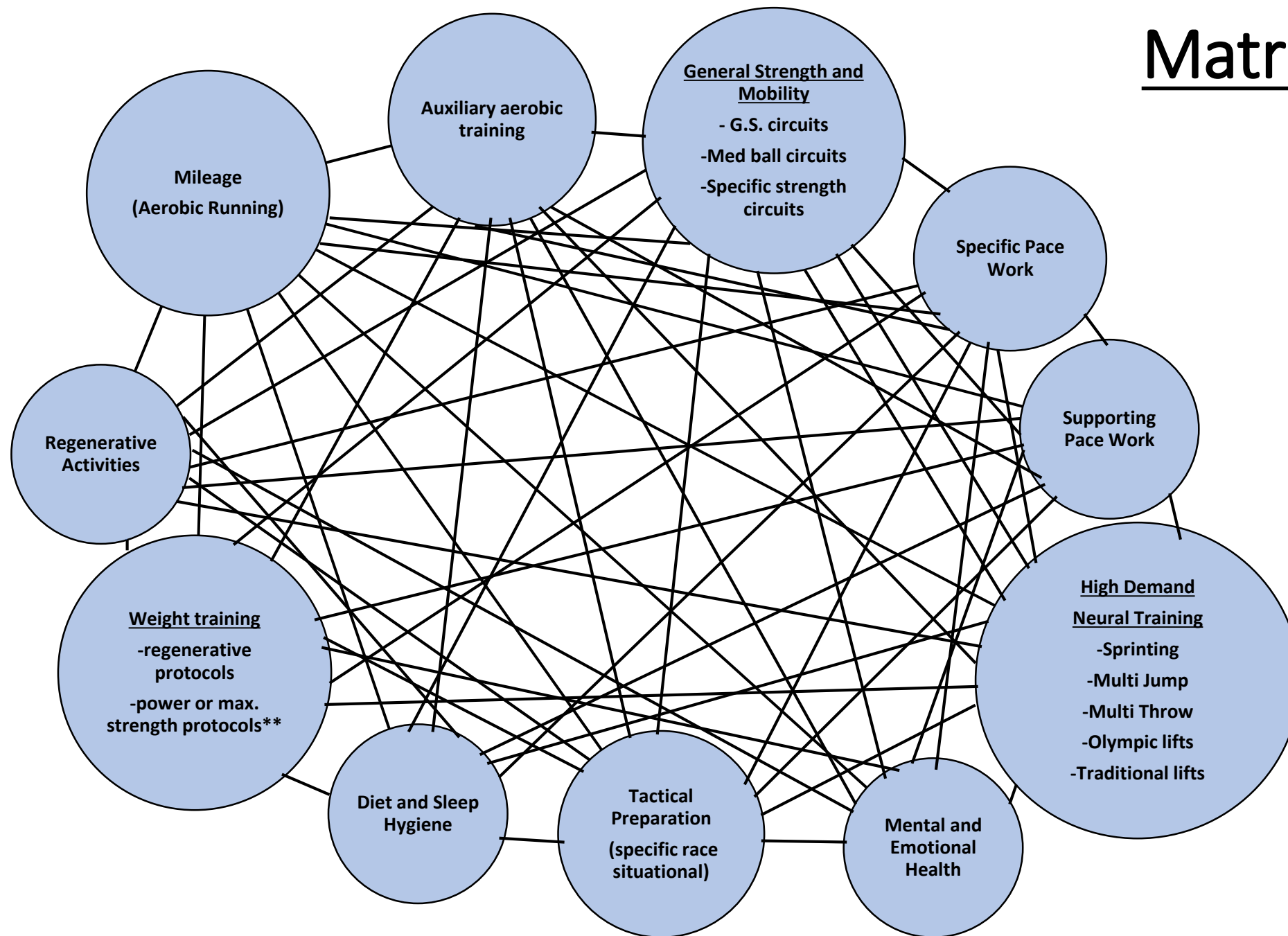
Implementing Ancillary Training

The “How”

Hub Model



Matrix Model



Ancillary Training

“Anything that isn’t running that is included in the training program”

Focal Points:

- General strength and mobility exercises
- Reprogramming activities (Cooldown)
- Regeneration activities (including resistance training)***
- High-demand neural training***
 - Shorts sprints with “long” recovery
 - Plyometric exercises (Multi Jump/Throw; “explosive”)
 - Resistance training (power and max. strength protocols)