



Strength/Power Training for Mid-Distance and Distance

Getting Tired Is Not Training



Looking Back to Move Forward

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Objective

At the end of the journey all physical limitations are eradicated and the athlete is ready technically, tactically, physically and psychologically to run fast & compete to win

Everything is Driven by Demands of the Race Distance & Physical Qualities of the Runner



Strength/Power = Speed

A comprehensive strength training program offers huge potential for improvement!

Comprehensive strength training offers more return for what you are doing in the running training

Comprehensive strength training is the foundation for speed

Bullet Proof Them





The Female Runner

Strength Before Strength Endurance

CANNOT

endure a quality you have not developed!

Train for endurance with running & train for strength/power in preparation for running fast

Potential Benefits

Efficiency

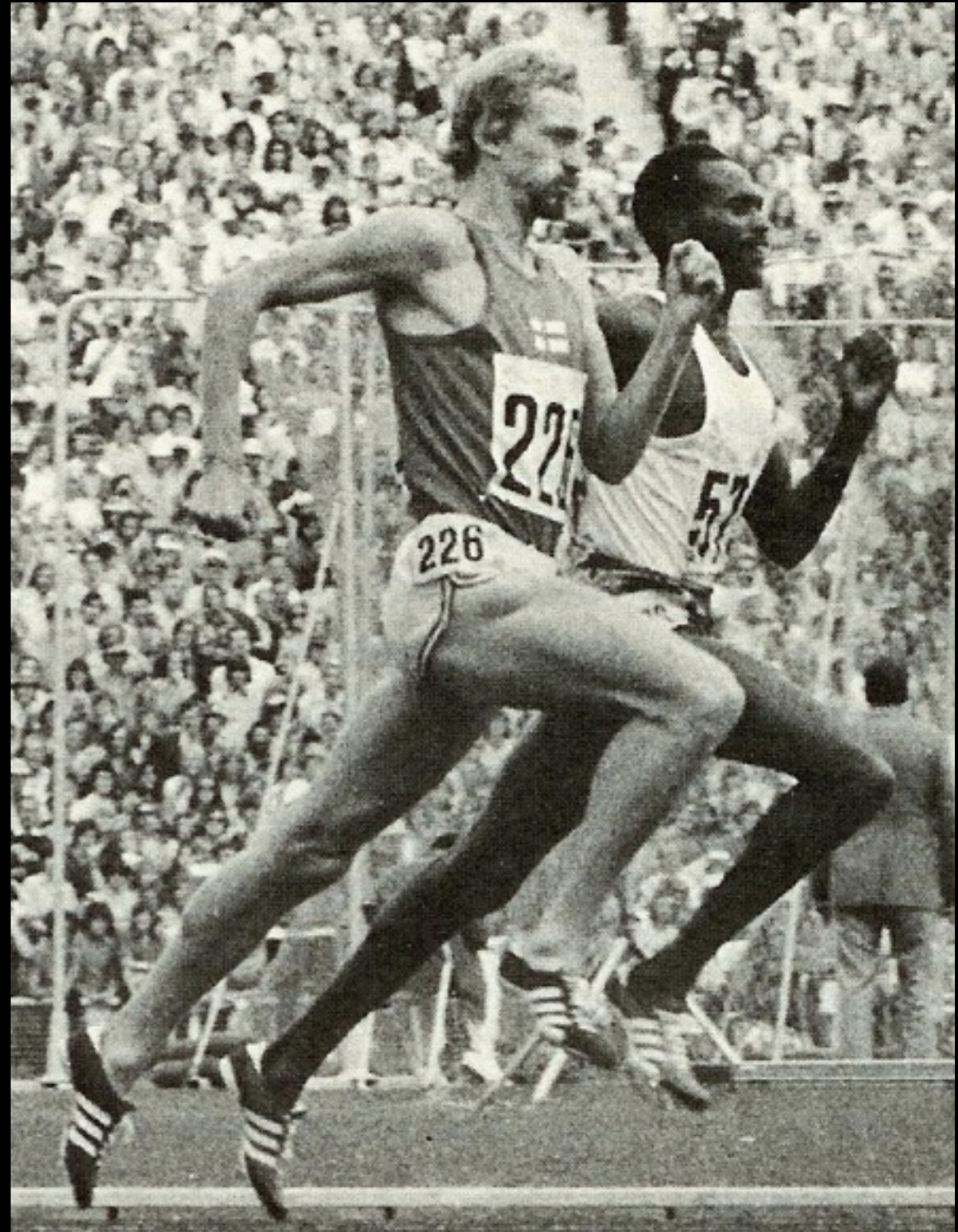
Biomechanical

Physiological

Dynamic Posture

Nervous System
Excitation & Tuning

Injury Prevention



Strength Training

Coordination training with appropriate resistance to handle bodyweight, resist gravity and optimize ground reaction forces



Linkage

&

Connection



The Running Athlete's Body

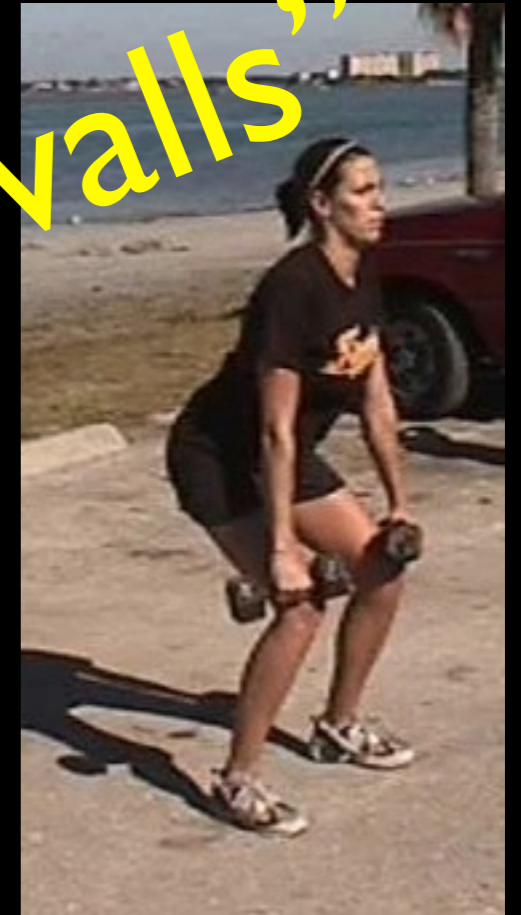


“... the function of a muscle depends critically on the context in which it is activated.” Roger Enoka

Training Tools



Get er Done!



“Weight room without walls”

Pull

Push

Squat

Rotate

Brace

Postural Strength Before Extremity Strength





Always

Fundamental Movement Skills
Before Specific Sport Skills

Postural Strength Training Postures



90% on Your Feet

Get out of the Sagittal Plane!

Rotation is just as important
for the runner as the thrower

Rotate



DB High Pull

Pulling



DB One Arm Snatch

“Toe Nails to Fingernails”

Pulling



DB Complex (DBC)

DB High Pull x 6
Alt DB Press x 6
DB Squat x 6
DB Row x 6









Leg & Train Strength

Balance Single Leg Squat with Mini Band

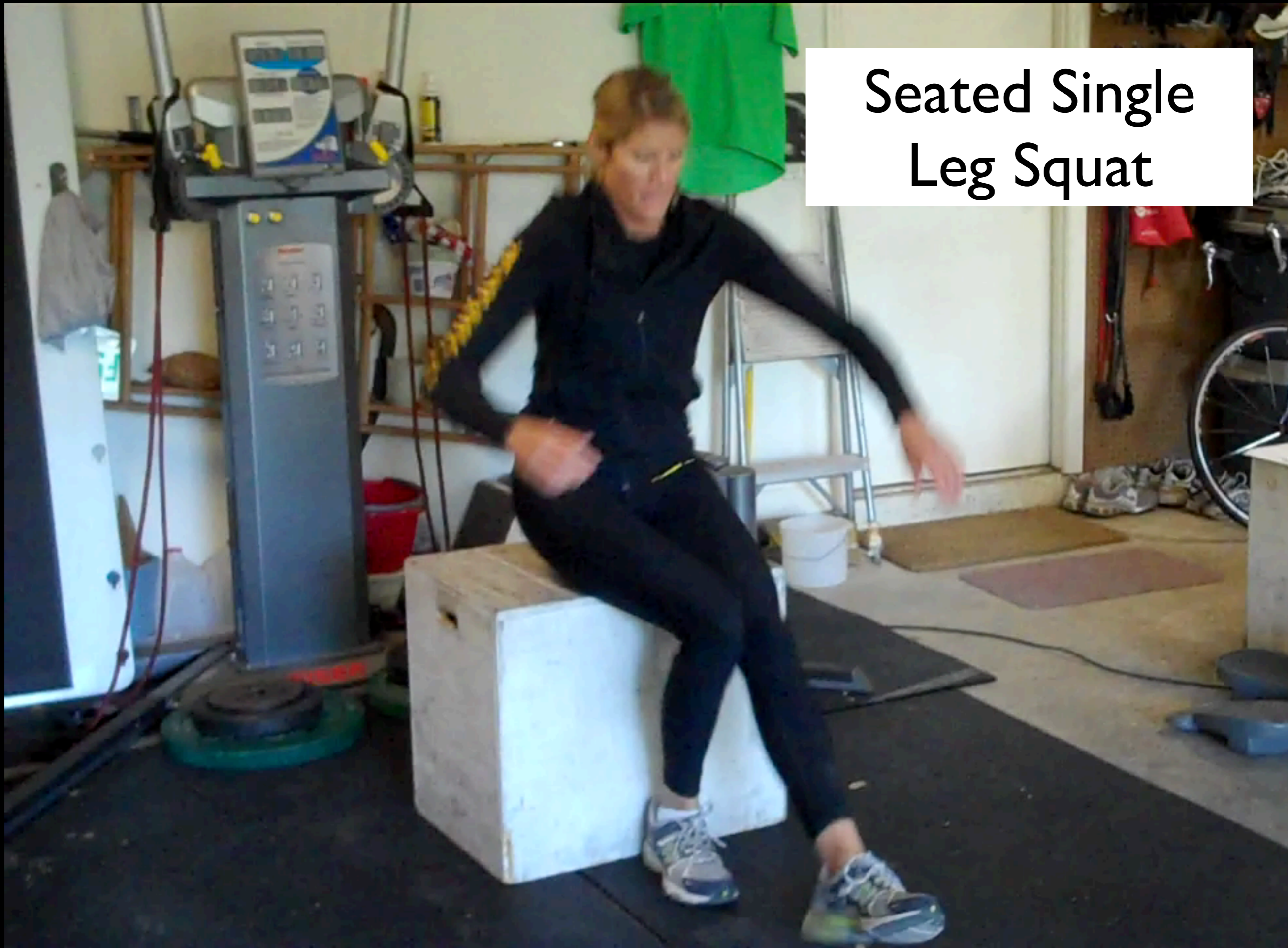




SLS

Training = Testing
Testing = Training

Seated Single Leg Squat



Squat with Mini Band



Body Weight Squat

1 Rep/Sec



Lunge & Reach (Anterior)



High Step-up



Mini Leg Circuit

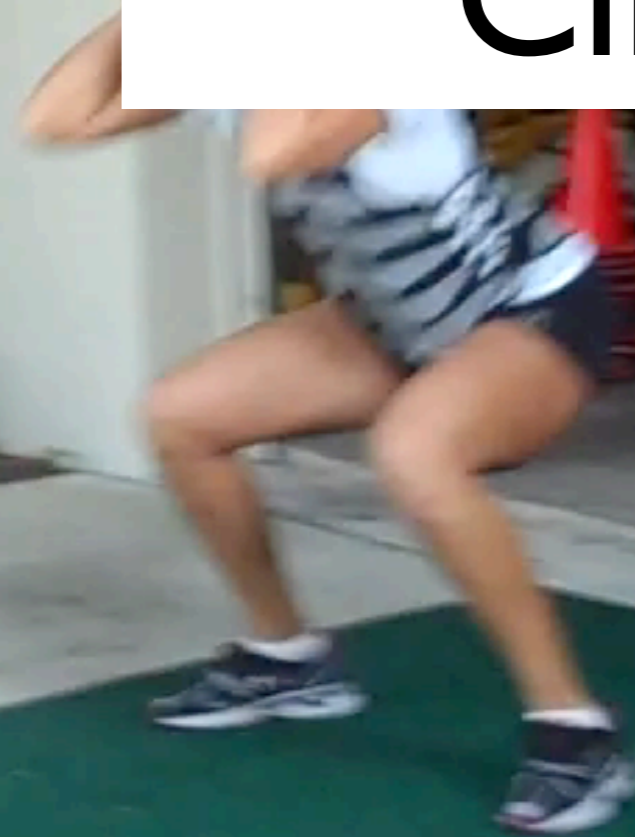
Squat x 3

Lunge x 3 each Leg

Step-up x 3 each Leg

Jump Squat x 3

Mini Leg Circuit



Mini Leg Circuit II

Over Head Squat x 3
Lateral Lunge x 3 each leg
Lateral Step-up x 3 each leg
Ice Skater



Hurdles

Overs



When

How

Where

Unders



Upper Body



Bodyweight Before External Resistance



Pull-up



High/Y/Fly

Reminder
All Training is Postural
Strength Training



Plyo's



Constructing an Effective Strength Workout

Use fewer exercises & choose the exercises carefully based on event demands & individual needs

Have a clearly defined criteria based progression



Total Body/Lower Extremity

Warm-up

Mini Band

Med Ball – Walking Rotations

Lunge & Reach

Core

Basic Core

Strength Training

Single Leg Squat

2 x 6 each leg (Regular) Seated 1 x 6

KB Swing

1 x 6 Two Arm, 1 x 6 One Arm

High Pull 3 x 6

Squat 3 to 5 x 20

Lunge 3 to 5 x 20 (10 each leg)

Front Pulldown 3 x 6

Hurdles

Hurdle Unders x 6 each direction

Core

Total Body Throws

Over the Back x 6, Forward x 6, Squat Throw x 10

Upper Body

Warm-up

Bubble – Runner, Over the Top, Rotation

Core

Stretch Cord Core

Landmine Core

Strength Training

JG Assisted Pull-up 5 x 4

High, Y, Fly (= One Rep) 3 x 3

Incline Push-ups 4 x 8

Arm Step-ups 2 x 20

Pullovers 3 x 6

Core

Ring Core

Wall Throws

Over Head x 20

Soccer Throws x 20

Chest Pass x 20

Cross in Front x 20

Down the Side x 20

Around the Back x 20

Core Modules

Basic Rotations

Walking Wide Twist x 20
Walking Tight Twist x 20
Walking Over the Top x 20
Walking Figure Eight x 20

Basic Core

Big Circle x 5 each Direction
Bouncing Rotations x 10 each side
Over The Top x 10 each side
Alternate One Arm Slams x 10 each arm

Cable Core

Flexion/Extension x 10
Twisting (Waist Height) x 10 each side
Chops x 10 each side
Big Circles x 10 Clockwise & 10 Counterclockwise

Medicine Ball Rotations

Standing Full Twist X 10 Each Direction
Standing Half Twist. X 10 Each Direction
Half Chop X 10 Each Way
Solo Med Ball Sit Up (Two position right & left) X 5 Reps

Medicine Ball Wall Throws

Overhead Throw x 20
Soccer Throw x 20
Chest Pass x 20
Standing Side to Side x 10 Each Side (Cross in front)
Standing Cross in Front x 10 Each Side
Around the Back x 10 Each Side

Medicine Ball Power Throws

Single Leg Squat & Throw x 6 each leg
Single Leg Squat & Scoop Throw x 6 each leg
Over The back Throw x 6
Forward Through The legs x 6
Squat & Throw x 10

Remediate/Re-abilitate Daily

FUNdamental Work

Posture (Dynamic)

Balance

Coordination

Hip Series

Hip Series One – Standing

Standing #1



Lift one leg in front and move up and down. Repeat with the other leg.

Standing #2



Lift one leg to the side and move up and down. Repeat with the other leg.

Standing #3



Lift one leg behind and move up and down. Repeat with the other leg.

Standing #4



Move the leg up and down. Repeat with the other leg.

Hip Series Two – Kneeling

Kneeling #1



Extend the opposite leg to the front and move it up and down

Kneeling #2



Extend the opposite leg to the side and move up and down, repeat with the other leg.

Kneeling #3



Extend the opposite leg behind the body and move it up and down, repeat with the other leg.

Hip Series

Hip Series Three – Supine

Supine #1



While lying on the floor, fold legs over the body and raise the hips up and down

Supine #2



Raise one leg with the knee bent

While lying face up on the floor, bring the body up in the arch position

Move hips up and down while holding the leg in position. Repeat with the other leg up.

Supine #3



Supine 3A&B

One leg against the wall and the other leg raised with the knee bent

Move the hips up and down while holding the leg in position. Repeat with the other leg



Supine #4



While lying face up on the floor, move the hips up and down

Support on the shoulders, arms and heels

Hip Drop Series



Forward

Step Down



Back

Across

Time - How Long ?

All Long As You Need!

Timing - More Important
Than Time

Get it right the first time!

Where will you stand?



Your Choice!

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