

Strength Training for Distance Runners

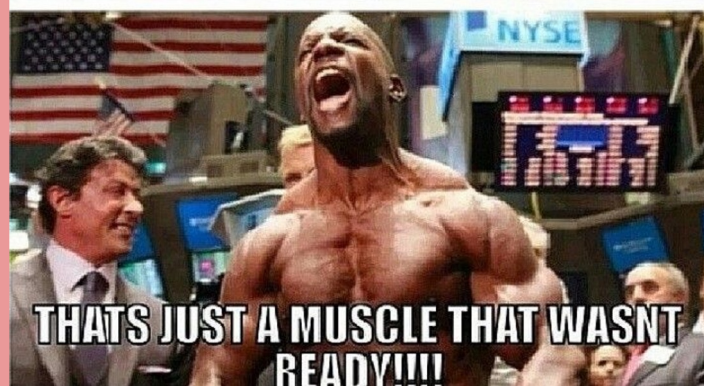
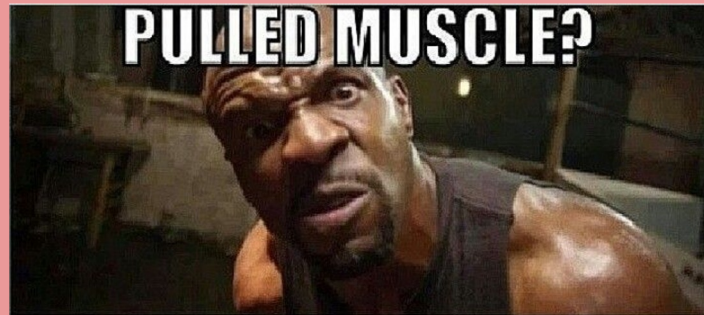
Let's get... yoked?

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How did I end up here?







Combining
programs...



Kids these days...



How did we get to what we do with lifting?

Clinics

PTs - Lauren Falk

A wonderful weight
room director

Our entire coaching
staff



Plan for today

- Why strength train?
- Categories of our lifts
 - Hip work
 - Core work
 - Hurdle work
 - Plyometric / ballistic
 - The 7 lifts
- Season lifting progression



Why lift?

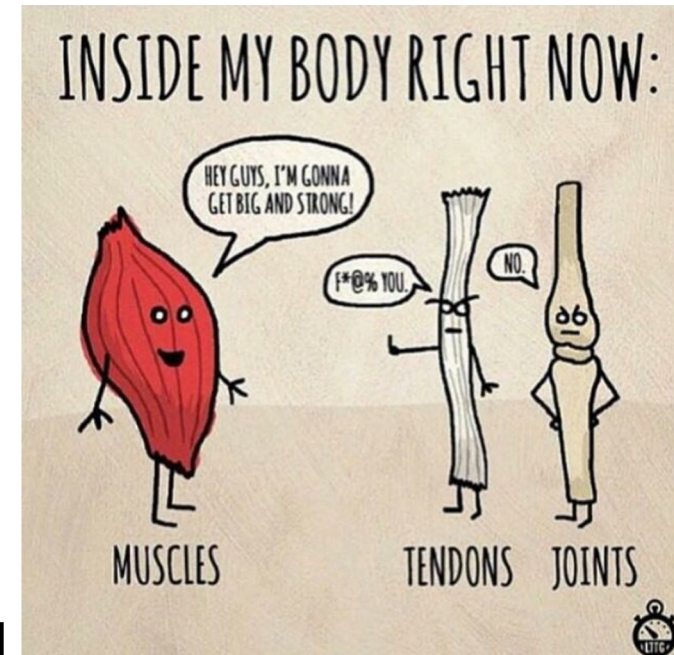
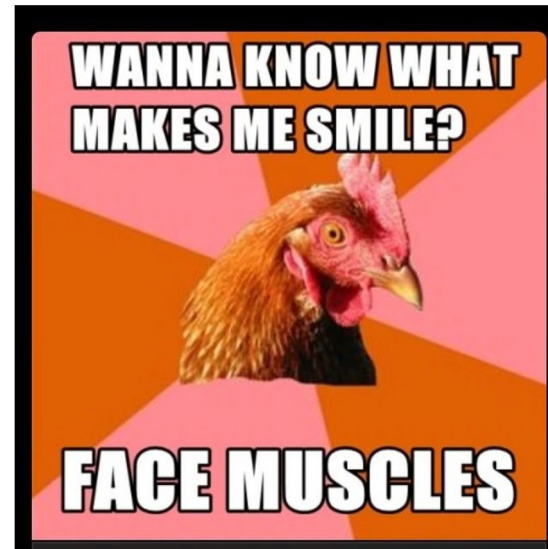
Most of us know already

Injury prevention

Preparing the body for the training loads

Improving running posture

And injury prevention



Hip work

[The exercises](#)

How often?

- Early in the training cycle overall? As often as possible: for us, three times per week minimum.
- After EVERY long run
- After hard workouts
- After races
- As a part of our warm up, but at decreased intensity and volume

There are SOOOOO many more uses for minibands. Calves and shins especially.



Core Work



So who remembers endless ab workouts?

Lifting covers a lot of this work, and does it better than crunches for days...

Frequency - about once per week we do this routine to try to work on variety and connectivity of our core strength.

Hurdle Work



Step over step under is our most frequent usage

We do these after long runs, but at times after hard workouts sometimes as well

Rows of six hurdles total, alternating with low (step over) and high (step under) - so three of each height

Three of each "lead" leg (so six rounds total)

We want to lead with one foot under and then switch to the second foot over

Focal points for us...



Plyometric work

Guess what is likely the best plyometric exercise for our kiddos?

Not any of these!

Yup, sprinting.

30m sprints on day two

Fresh versus fatigued

Hill sprints versus flat



7 Lifting “categories” - yup, we are bigger than Thanos

Power

Squat

Hinge

Push

Pull

Carry

Stability



POWER	Day 1	Hex Bar Hops
Do power lifts FIRST	Day 2	Box Jumps
	Day 3	Depth Drop Box Jumps
SQUAT	Day 1	Front/Goblet Squats
	Day 2	DB Split Squat
	Day 3	Hex Bar Dead Lift

HINGE	Day 1	Single Leg RDL
	Day 2	Strap Hammies (2 way)
	Day 3	BB Hip Extension
PUSH	Day 1	DB Bench
	Day 2	DB Alt Step Up
	Day 3	---

PULL	Day 1	Pull Ups
	Day 2	---
	Day 3	DB Row
CARRY	Day 1	Overhead Plate Lunge
	Day 2	DB Curl Shoulder Press
	Day 3	3-Way Shoulder Raise
STABILITY	Day 1	Ukrainian Twist Extensions
	Day 2	Plate Bugs
	Day 3	Strap Planks

When do we lift?

Off season weight club available for all students

3 times per week in the off season

2 times per week during the season

Once the season starts, we really try to lift in the morning before school

- Mornings of a recovery day, not a hard effort

How do we structure our progression?

4-5 Stages (2-4 weeks per stage)

Power Lift:

- 1) 2x4 to 3x4
- 2) 3x4
- 3) 3x4 / 4x3
- 4) 2x4
- 5) 2x3 / 3x2 / 2x2

*We do remove our power lift once every 4ish weeks

Regular Lifts:

- 1) 3x5 up to 3x8
- 2) 4x6
- 3) 4x5
- 4) 3x6
- 5) 2x5

4-5 Stages

Stability Lift:

- 1) 3x5
- 2) 3x5
- 3) 3x5
- 4) 3x5
- 5) 2x5

Focal points in each stage

Stage one - learn the movements; use manageable loads

Stage two - challenge time

Stage three - maintenance time

Stages 4 and 5 - don't be stupid

Stage One

Day 1			weight
Hex Bar Hops	2x4		
Front or Goblet Squat	3x8		
Single Leg RDL	3x8		
DB Bench	3x8		
Overhead Weight Walking Lunges	3x8		
Pull Ups	3x5		
Ukrainian Twist Extensions	3x5		
Day 2			weight
Box Jumps	2x4		
DB Split Squat	3x8		
Strap Hammies (2 Way)	3x8		
DB Alternating Step Up	3x8		
DB Curl Shoulder Press	3x8		
Plate Bugs	3x5		
Day 3			weight
Depth Drop Box Jumps	2x4		
Hex Bar Dead Lift	3x8		
BB Hip Extension	3x8		
DB Row	3x8		
3-Way Shoulder Raises	3x8		
Strap Planks	3x5		

***Main goal: learn the lifts and focus on quality while trying to increase the weights slightly (don't go too big)**

Stage Two

Day 1			weight
Hex Bar Hops	3x4		
Front or Goblet Squat	4x6		
Single Leg RDL	4x6		
DB Bench (Bridge option)	4x6		
Overhead Weight Lunge (twist option)	4x6		
Pull Ups	4x6		
Ukrainian Twist Extensions	3x5		
Day 2			weight
Box Jumps	3x4		
Single Leg DB or Plate Squat (back leg elevated)	4x6		
Strap Hammies (3 way)	4x6		
DB Alternating Step Up	4x6		
DB Curl Shoulder Press (one knee option)	4x6		
Plate Bugs	3x5		
Day 3			weight
Depth Drop Box Jumps	3x4		
Hex Bar Dead Lift	4x6		
BB Hip Extension	4x6		
DB Row	4x6		
3-Way Shoulder Raises (one knee option)	4x6		
Strap Planks	3x5		

***main goal: quality lifts continue to matter most, but keep pushing up the weight you can handle**

Stage Three

Day 1			weight
Hex Bar Hops	4x3		
Front or Goblet Squat	4x5		
Single Leg RDL	4x5		
DB Bench (Bridge option)	4x5		
Pull Ups	4x5		
Overhead Weight Walking Lunges	4x5		
Ukrainian Twist Extensions	3x5		
Day 2			weight
Box Jumps	4x3		
DB Split Squat or Step Squat into Back Lunge	4x5		
Strap Hammies (2 way for starters; 3 way)	4x5		
DB Same Step Up	4x5		
DB Curl Shoulder Press (split squat option)	4x5		
Plate Bugs	3x5		
Day 3			weight
Depth Drop Box Jumps	4x3		
Hex Bar Dead Lift	4x5		
BB Hip Extension	4x5		
DB Row or TRX Row	4x5		
3-Way Shoulder Raises (split squat option)	4x5		
Strap Planks	3x5		

***Main goal: push the weight one last time if you can. Next we focus on lighter weights and quicker reps.**

Stage Four

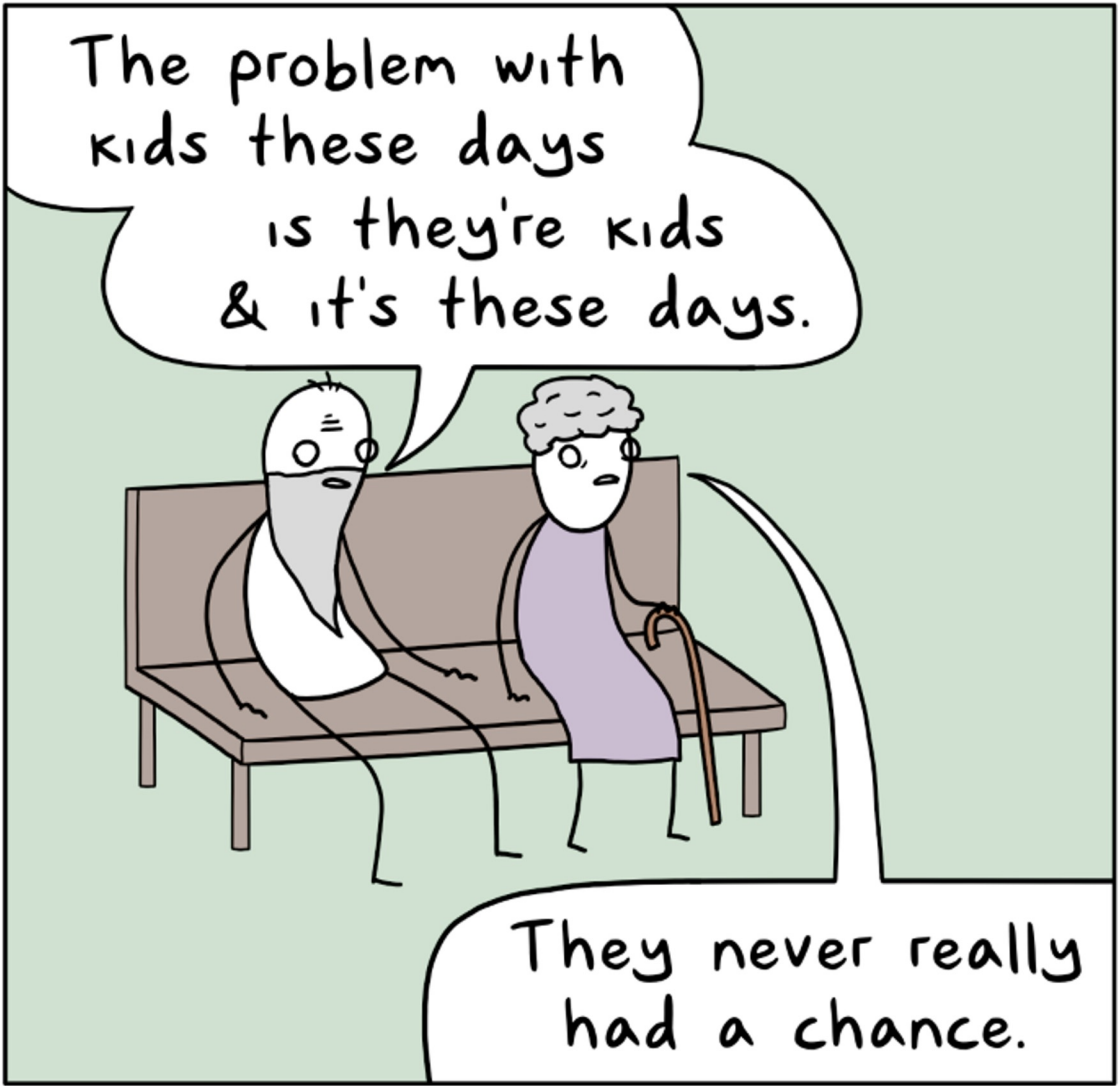
Day 1			weight
Hex Bar Hops	2x4		
Front or Goblet Squat (strap squats option)	3x6		
Single Leg RDL	3x6		
DB Bench (Bridge option)	3x6		
Pull Ups	3x6		
Overhead Weight Lunge (twist option)	3x6		
Ukrainian Twist Extensions	3x5		
Day 2			weight
Box Jumps	2x4		
DB Split Squat	3x6		
Strap Hammies (3 way)	3x6		
DB Same Step Up	3x6		
DB Curl Shoulder Press (split or knee options)	3x6		
Plate Bugs	3x5		
Day 3			weight
Depth Drop Box Jumps	2x4		
Hex Bar Dead Lift	3x6		
BB Hip Extension	3x6		
DB Row or TRX Row	3x6		
3-Way Shoulder Raises (split or knee options)	3x6		
Strap Planks	3x5		

***Main goal: slightly lighter weights (roughly 10-20% reduction), and do each exercise motion quicker. We are focused on speed with each lift.**

Stage Five

Day 1			weight
Hex Bar Hops	2x2		
Front or Goblet Squat	2x5		
Single Leg RDL	2x5		
DB Bench (no bridge option)	2x5		
Pull Ups	2x5		
Overhead Weight Walking Lunges	2x5		
Ukrainian Twist Extensions	2x5		
Day 2			weight
Box Jumps (double leg)	3x2		
DB Split Squat	2x5		
Strap Hammies (3 way)	2x5		
DB Alternating Step Up	2x5		
DB Curl Shoulder Press (foot on bench option)	2x5		
Plate Bugs	2x5		
Day 3			weight
Depth Drop Box Jumps	3x2		
Hex Bar Dead Lift	2x5		
BB Hip Extension	2x5		
DB Row or TRX Row	2x5		
3-Way Shoulder Raises (standing)	2x5		
Strap Planks	2x5		

***Main goal: be clean, crisp, and quick with each motion. Use 50-60% of your normal weight.**



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