

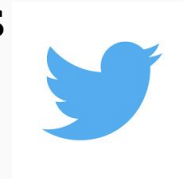
Strength Training and Speed Development for Distance Runners



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The goal.....PRs, be competitive late and win races

Some thoughts -

- Strength training is not a substitute for running.
- Some coaches think if you have time to strength train....run more.
 - We do our strength training during practice time without lengthening practices
- We don't use the weightroom. We keep it simple and in the stadium
- Strength training....not weightlifting
- One part of an overall training program
- If you can run faster over 400m you can run faster for 1600, 3200 or 5K
- Eagle's Landing boys 4 x 400m relay teams have run 3:18 or faster for 5 straight years. 90% of the members ran xc. The girls ran 3:52 and 3:58 (B team) 7 out of 8 girls ran XC.

We think speed almost every day:

- #1 Strength Training
- #2 Speed Training
 - The goal is to develop **USABLE** speed
 - Everything begins with aerobic development!
 - Let's look at an example of what I mean by increased speed for distance runners....



Consistency of training is key.....Zack was one of the most consistent athletes I have coached

#1 Strength Training

- Try to schedule workouts after your runs
- Divided into lower and upper body (focus is on lower)
- Do lower body (legs) after your hard days. Make your rest days a REST day.
- Stretch well after your workouts
- Strength Training is PART of an overall training program
- Most strength training is done with body weight
- Your goal is to run/race faster!

The training year

Summer - add mileage and strength.

Fall - continue mileage and strength. As you get closer to the end of your season start cutting back the strength training.

Winter - similar to summer

Spring - similar to fall, continue strength training but as you get closer to the big day cut back

Lower Body

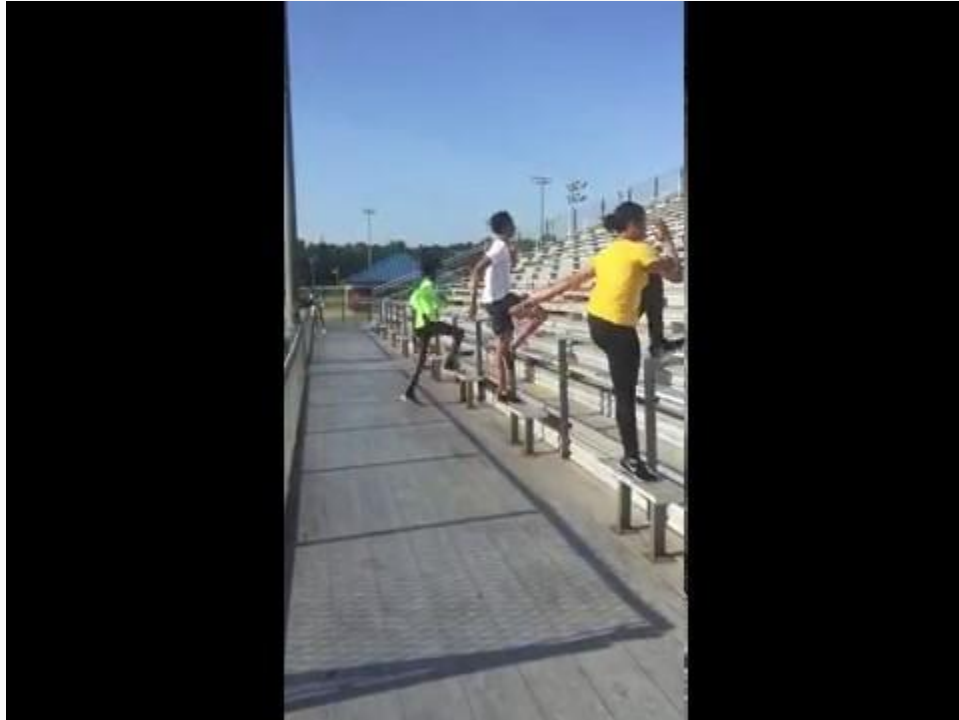
- Shoot for 2 leg/lower body workouts per week
- We use 3 basic exercises (4 for the advanced)
- 10 - 12 reps per exercise (except lunges)
- Work up to 3 sets of each exercise per session

Leg Exercises - keep good form and body alignment and arm action

- Bench step ups - explode up and extend with your lower leg
- Bench Squats - thigh should go parallel to the floor but not past 90 degrees
- Lunges - thigh should go parallel to the floor but not past 90 degrees
- Bench Jumps - don't do these unless supervised by your coach

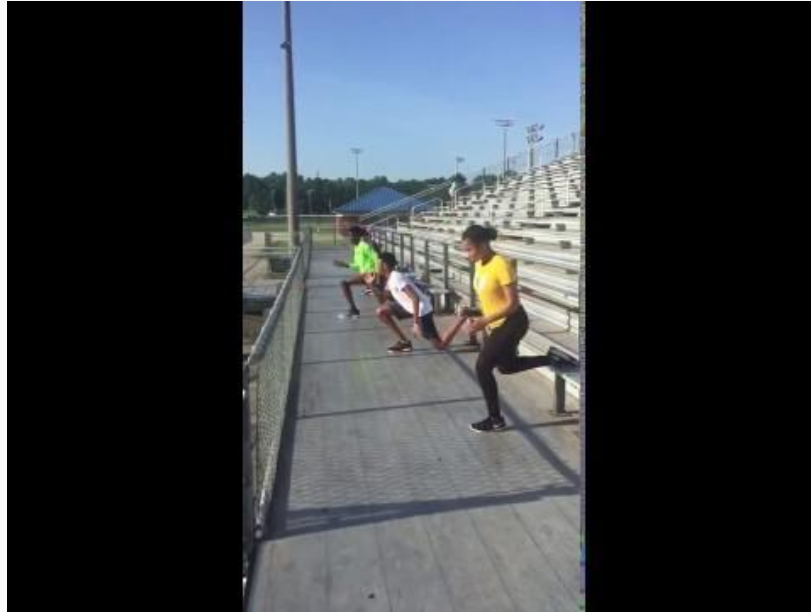
Bench Step ups

Explode up.
Use correct
arm motion



Start with 1 set
of 10, work up
to 3 sets of 10

Bench Squats



Thigh should go parallel to the floor but not beyond
Use correct arm motion

Lunges



Box Jumps



Upper Body

- Shoot for 2 workouts per week
- Use spotters if needed
- Shoot for 10 or more reps during each set
- Add sets as you get stronger - up to 3 total of each exercise

Upper Body Exercises

- Pull-ups - use wide grip
- Dips - keep your chin up and bring your elbows to 90 degrees
- Pushups

Abs and Lower Back

- Shoot for 4 - 6 different exercises
- Use time instead of reps to measure yourself
- Start with 30 seconds and work up to 1 minute or more of each one
- Work lower abs, upper abs and sides (external obliques)

Hip Series - strength and flexibility (injury prevention)

- Fire Hydrant
- Straight back
- Forward circle
- Backward circle

<https://www.youtube.com/watch?v=La3xYT8MGks>

#2 Incorporating Speed into your training

- **Form Drills** (A skips, B skips, high knees, etc)
- **Strides and falling start strides**
 - Summer and early season do 4-6 strides about 50 - 70m twice per week.
 - Later do 6 strides of 100/120m 3 times per week.
 - Give yourself full rest between strides

Falling Starts



- Fall forward
- Wait as long as possible to take your first step
- Stay on your mid-foot as long as possible

Hills

- Promotes good form and strength
 - Hill repeats - 300m to 400m hill, run up the hill at a moderate pace, jog down
 - Hills on runs - find a hilly loop
 - Hilly blasts - run up the hill for 10 seconds, walk back down

The little things

- Rest
- Stretch
- Hydrate
- Stretch/Warmup
- Injury prevention and care/ice
- Have fun at camp, don't race every run

Rest and sleep

• Eat healthy

Another good example of speed development

<https://www.nfhsnetwork.com/events/ghsa/78975c6b59#>

1:58 mark