Liz Rydell | Elizabeth.rydell@uhsp.edu | 309-948-1664

- 1. Why Strength Training is Important for Track and Field
 - a. Enhanced coordination: Being athletic!
 - b. Reinforces muscle actions/movements used in the sport
 - c. Taper assistance: Improves athlete's ability to peak at the right time
 - d. Injury prevention
- 2. Agenda
 - a. Foundations of Strength and Conditioning
 - b. Full-Season Cycle
 - c. Weekly Breakdown
 - d. Building an Individual Workout Session
 - e. Sample Programming
- 3. Foundations of Strength and Conditioning

Strength Endurance	General Strength	Power	
Light weight, high rep	Heavy weight, slow movement, medium	Light weight, quick movement, low reps	
	reps		
Sets: 3-4	Sets: 3-4	Sets: 2-3	Plyos:
Reps: 12+	Reps: 6-10	Reps: 3-5	Low: 80-100
50-60% effort	70-80% effort	30-50% effort	Med: 100-120
			Adv: 120-140

4. Full Season Cycle

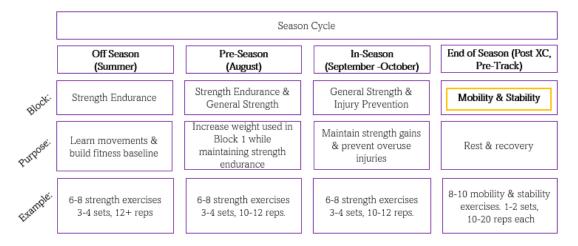
a. Periodization (Sprints, hurdles, jumps, throws)

	Season Cycle			
	Off Season (Fall-December)	Pre-Season (January-March)	In-Season (March-May)	End of Season (Pre- Conference, State)
Block.	Strength Endurance	General Strength	General Strength and Power Development	Peaking & Tapering
Purpose:	Learn movements & build fitness baseline	Lower reps, increase weight, & introduce power	Split focus between maintaining strength and developing power	Focus on mobility and 'feel good" movements. Power limited to event practice.
Example.	6-8 strength exercises 3-4 sets, 12+ reps	6-8 strength exercises 3-4 sets, 8-10 reps. Introduce plyometrics	6-8 strength exercises 2-3 sets, 6-8 reps. Increase plyos & event- specific power	No strength exercises. Event-specific power

b. Periodization (Distance/XC)



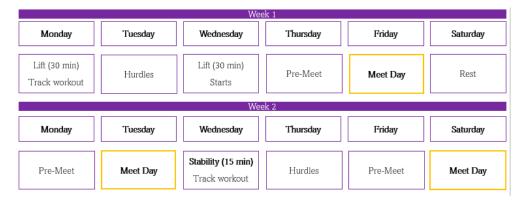
Liz Rydell | Elizabeth.rydell@uhsp.edu | 309-948-1664



- 5. Mobility and Stability
 - a. Mobility and flexibility aren't the same
 - i. Flexibility is passive, mobility is active.
 - b. Stability: Slow and controlled
 - i. Minimize unnecessary movement, aimed at reinforcing proper positioning.
 - ii. Would fall into the bucket of strength endurance
 - iii. Build it into your lifting
 - c. Mobility and stability are **KEY** for injury prevention
- 6. Breaking it Down: Weekly Cycle
 - a. Sample Calendar: Pre-Season Jumper

Week 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lift (30 min) Track Workout	Mobility	Plyos (100 touches) Lift (30 min)	Track Workout	Plyos (120 touches)	Mobility & Rest

b. Sample Calendar: In-Season Hurdler





Liz Rydell | Elizabeth.rydell@uhsp.edu | 309-948-1664

- 7. Things to keep in mind when planning:
 - a. How does the lift or plyo session fit into what the athlete's event workout is for the day?
 - i. E.g., Factor in a triple/long jumper's jump days into their strength training plan
 - b. No one can train at 100% every day.
 - i. Building programs that require 100% effort every day will limit progress and increase likelihood of injury.
 - c. Build in rest and recovery days
 - i. Recovery can be mobility and/or low intensity stability.
 - ii. Rest days should be completely off.
- 8. Breaking it Down:
 - a. How to structure a session
 - i. What's my training goal?
 - ii. What's the skill level of my athlete(s)?
 - iii. How much time do I have?
 - iv. What equipment do I have?
 - b. How to structure a session
 - Most challenging exercises, most brain power/focus required. Big muscles & muscle groups at the center of the body
 - ii. Least challenging (safest), least brain power/focus required. Small muscles& extremities
 - c. How to Pick an Exercise

Body Weight Strength: Distance Punner

- i. What time of year is it
- ii. Event specifics
- iii. Injury prevention
- 9. Sample Workouts

Body Weight Strength: Distance Runner			
Block: In-Season			
Training Goal:			
1: General Strength			
2: Stability			
Exercise:	Sets x Reps		
Warm Up: Mobility Circuit			
1A: Lunge Wheel (Forward, Side,	3 x 5 each way,		
Backwards)	each side		
1B: High Plank	3 x 30 seconds		
2A: Split Squats	3 x 10 each side		
2B: Face Down I-Y-T	3 x 5 each		
3A: Single Leg Glute Bridge	3 x 12 each side		
3B : Single Leg Hops (4-Directions)	2 x 10 each side		

Jumps				
Block: In-Season				
Training Goal:				
1: General Strength 2: Power Development				
Exercise:	Sets x Reps	Load		
Warm Up: Dynamic Warm Up				
1A: Back Squat	3 x 8	Barbell		
1B: Weighted Squat Jumps	3 x 6	Dumbbells		
2A: Single Arm Snatch	3 x 5 each	Dumbell		
2B: Weighted Step Ups	3 x 6 each side	Dumbbells		
3A: Alternating Bench Press	3 x 6 each arm	Dumbbells		
3B: Face Down I-Y-T	3 x 6	Х		
4A: Single Leg Calf Raises	3 x 10 each	Х		
4B: Plank	3 x 60 seconds	Х		



Liz Rydell | Elizabeth.rydell@uhsp.edu | 309-948-1664

Thowers				
Block: Pre-Season	veis			
Training Goal:				
1: General Strength				
2: Power Development				
Exercise:	Exercise: Sets x Reps Load			
Warm Up: Dynamic Warm Up + Hu	ırdle Walk Over I	Mobility		
Medball Circuit:				
1A: Overhead Slams				
TA: Overnead Slams				
1B: Chest Throw (to partner)	4 x 5	Medball		
1C: Rotational Throw (to partner)				
General Strength:				
2: Deadlift	3 x 8	Barbel		
3: Bench Press	3 x 8	Barbell		
4A: Front Squat	3 x 10	Barbell		
4B: Bent Over Row	3 x 8	Barbell		
5A: Deadbug	3 x 10 each	Х		
5B: Plank Shoulder Taps	3 x 10 each	х		

