

# Strength Training for Track and Field

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# Purpose of Strength Training

Produce more force

Increased work capacity

Increased resilience

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# Strength is the Foundation

Higher force = Higher **potential** for power

Fighting ground reaction forces



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# Health

Injuries occur when structures fail

Can be chronic or acute

Long term building

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# Coaching in the Weight Room

Weight Room complements track work - Chase Quality!

Know your athlete's limits

Be adaptable

Create a culture

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# Exercise Selection

Don't use exercises you don't feel comfortable coaching

There are multiple right answers

Progressive overload

Movement Patterns

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# Movement Patterns

## Lower Body Patterns

### Squats



### Hinges



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# Movement Patterns

## Upper Body Patterns

Push

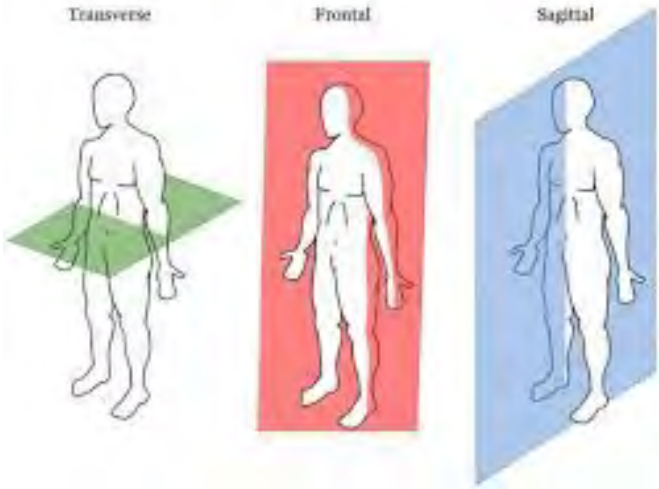


Pull



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# Movement Patterns



Different planes of Core exercises

Frontal (lateral flexion)

Sagittal (flexion/extension)

Transverse (rotation)

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# Other Exercises

Olympic Lifts

Jumps

Med Ball Throws



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# Assembling Training Blocks

Multiple ways to achieve results

Highest Fatigue Exercises/Main Goals First

Consider your space/time constraints

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# Contrast Sets

Post Activation Potentiation

High motor unit recruitment before explosive exercise

EX) Front Squat and Broad Jump

Bench Press and Clap Pushup

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# Upper/Lower Pairing

Supersetting multiple exercises of different movements together

Splits up large groups/tight space

Local muscular rest

Add in core or mobility to the set

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# Example Training Day

Day 1 (Monday)	70%	75%	80%	85%
	5	5	3	3
Back Squat				
Broad Jump to Box Jump 4x3				
Forearm Plank 4x45 sec				
	8	8	6	6
Incline DB Bench Press				
Good Morning 4x8				
Russian Twist w/ Plate 4x12 each side				
	8	8	8	
Inverted Rows				
Hip CARS 3x3ea				
Suitcase Carry 3x10m each side				

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# Considerations when programming

Time efficiency

Try to avoid overly fatiguing

More doesn't always mean better

How many days per week?

Let the strength work compliment track work

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# Season Planning

Mesocycle	Weeks	Dates	Goal
	18	1/5-4/25	
#1	4	1/12-2/8/26	GPP/Build Strength
#2	4	2/9-3/8	Strength/Power
#3	4	3/9-4/5	Power
#4	3	4/6-4/25	Peaking

**TABLE 17.9 Load and Repetition Assignments Based on the Training Goal**

Training goal	Load (%1RM)	Goal repetitions
Strength*	≥85	≤6
Power:**		
Single-effort event	80-90	1-2
Multiple-effort event	75-85	3-5
Hypertrophy	67-85	6-12
Muscular endurance	≤67	≥12

Work Backwards

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# Other Helpful Tools

Sleep and nutrition

Weights after practice, encourage small snack (carbs)

Glycogen replenishment



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# Main Takeaways

Follow a Plan

The best method is the one you can coach well

Adapt to your situation

Focus on the main goal

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