Programming Strength Training for Runners Reference Guide

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- Strength and plyo workouts are best on non-running workout days (running workouts consist of intervals, fartleks, and long runs)
- Space aerobic run and strength workout 6-8 hours apart (AM and PM session)
- 1-3 resistance/plyo sessions/week depending on time of year (off season vs racing season)
- An adjustment in running volume is imperative to "make room" for strength/plyo training (this allows for better recovery between workouts)
- Non-periodized scheme involving plyos/power/strength and core exercises in the same program works well if you only have a short time to work with the runner (e.g. varsity level)
- Linear periodized plan can work well too
- Strength exercises involving free weights work best
- Include a variation of low and high amplitude plyometrics
- 2-5 sets of 5 reps or less with 2-3 minute breaks is a good template to follow
- Single leg work is imperative to improve single leg hip stability and balance
- Lots of posterior chain work to bring up the glutes
- Explosive exercises such as overhead medicine ball throws, high clean pulls or kettlebell swings are amazing at improving rate of force development and maximal power
- Minimal upper body exercises but enough to improve posture and arm carriage (e.g. row variations, chins, pushup variations, push presses, rotator cuff work, thoracic extension and rotation mobility work etc.)
- Core exercises should focus on creating stability and progressing to minimize movement – I'm not a fan of sit-ups or crunches for runners
- The only machine at the gym you need is the runner – knee extensions and hamstring curls have minimal athletic transferability to running
- Unstable surface training is great for rehab but shouldn't be the primary method of training the lower body