

Strength Training for the Track and Field Athlete

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 reps	Light weight, quick movement, low reps	
Sets: 3-4 Reps: 12+ 50-60% effort	Sets: 3-4 Reps: 6-10 70-80% effort	Sets: 2-3 Reps: 3-5 30-50% effort	Plyos: Low: 80-100 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)



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Season Cycle				
	Off Season (Summer)	Pre-Season (August)	In-Season (September -October)	End of Season (Post XC, Pre-Track)
Block:	Strength Endurance	Strength Endurance & General Strength	General Strength & Injury Prevention	Mobility & Stability
Purpose:	Learn movements & build fitness baseline	Increase weight used in Block 1 while maintaining strength endurance	Maintain strength gains & prevent overuse injuries	Rest & recovery
Example:	6-8 strength exercises 3-4 sets, 12+ reps	6-8 strength exercises 3-4 sets, 10-12 reps.	6-8 strength exercises 3-4 sets, 10-12 reps.	8-10 mobility & stability exercises. 1-2 sets, 10-20 reps each

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

Week 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lift (30 min) Track workout	Hurdles	Lift (30 min) Starts	Pre-Meet	Meet Day	Rest

Week 2					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Meet	Meet Day	Stability (15 min) Track workout	Hurdles	Pre-Meet	Meet Day



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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
 - i. 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
 - 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, Backwards)	3 x 5 each way, 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	Dumbbell
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	X
4A: Single Leg Calf Raises	3 x 10 each	X
4B: Plank	3 x 60 seconds	X



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Throwers		
Block: Pre-Season		
Training Goal:		
1: General Strength		
2: Power Development		
Exercise:	Sets x Reps	Load
Warm Up: Dynamic Warm Up + Hurdle Walk Over Mobility		
Medball Circuit:		
1A: Overhead Slams	4 x 5	Medball
1B: Chest Throw (to partner)		
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	X
5B: Plank Shoulder Taps	3 x 10 each	X

