

**Strength Training for Running**  
Anatomical Adaptation (AA) Phase  
©1995 Joe Friel

**Purpose:** Adapt general body muscles and tendons to the stresses of strength training in preparation for the greater loading of the Maximum Strength (MS) phase to follow.

**Frequency:** 2-3 times per week.

**Equipment:** Either free weights or machines. Can be done as a circuit.

**Load/Resistance:** 40-60% of 1RM or the greatest load possible for 20-30 reps per set (exception is dead lift for which you start lighter than possible and build during several weeks.)

**Sets:** 3-5    **Reps:** 20-30    **Recovery between sets:** 60-90 seconds.

**Important:** During recoveries stretch muscle group just worked before starting next exercise.

**Speed:** Slow to moderate emphasizing perfect form

**Progression:** Complete one set of each exercise in order (1, 2, 3, etc) before starting second set. This can be done quite effectively as a circuit training workout using machines. The first set every workout is the lightest. When you can complete 3 sets of 30 reps, increase load.

**Exercises:** In order of completion (this is the most exercises of the year)...

1. Step-up
2. Seated row
3. One-leg squat
4. Chest press, **OR** push-ups.
5. Crunches
6. Seated lat pull to chest

**Phase Length:** 4-10 weeks.

**Warm-Up & Cool Down:** Warm-up aerobically (rowing, stationary bike/trainer or by running easily) for 10-15 minutes. Cool down for 5-10 minutes spinning at 90+ rpm in light gear/resistance on a stationary bike. Do not run following this workout.