

Strength Training for Running
Maximum Strength (MS) Phase
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Purpose: Improve strength reserve and develop maximum force capabilities of muscles and tendons by improving neuromuscular recruitment patterns. In later phases this will be converted to muscular endurance and power.

Frequency: 2-3 times per week.

Equipment: Either free weights or machines. Free weights preferable.

Load/Resistance: 80-90% of 1RM or the greatest load possible for 4-8 reps per set. If using a 1RM percentage check 1RM every month for each exercise. It's OK to initially estimate loads and then adjust them as you progress, but start very conservatively. Increase resistance carefully in the first 3-4 sessions of maximum strength. Following that you should be able to increase loads by about 5% every 4-5 workouts.

Sets: 3-5 **Reps:** 4-6 **Recovery between sets:** 2-4 minutes.

<p>Important: During recoveries stretch muscle group just worked before starting next exercise.</p>
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Speed: Slow to moderate emphasizing form.

Progression: Complete all sets of each exercise before starting second exercise. The first set of each exercise is the lightest. When you can complete 4 sets of 8 reps, increase load.

Exercises: In order of completion...

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

Phase Length: 3-6 weeks.

Warm-Up & Cool Down: Warm-up on 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 exercise bike. Do not run following this workout.