

1  **Weight Room plan to maximize transfer for Distance Runners**2  **GOAL**

1. Run fast
  1. Maintain or improve stride length!
2. Create balance amongst training tests and indicators

*An imbalance will lead to a lack of results, staleness, and an increased risk of injury*

3  **PRESENT SITUATION**

Lifting Weights should not be done, if you are make sure its circuits or Core work

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If you believe this...you are;

- Limiting potential
- Increasing Risk of Injury
- Creating poor general work ethics
- Creating favoritism and dissension

And...

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4  **Sports Require Different Abilities**5  **Clip from Nova Oct. 2013**6  **2010 US 10,000m Data Analysis**7  **Testing**8  **Time of Day**

Not going to get picky, just get it in.

1.

9  **Session per Week**

Volume based

10  **Length of Session**11  **ANALYSIS of Length of Session**12  **Periodized Year**13  **ANALYSIS of Programming: Content**14  **Data Correlations**15  **Data Men & Women 1500m**16  **Recommended Exercises (28-37)**

Clean & Jerk

Clean

Power Clean

Hang Clean above knee  
Hang Clean below knee  
Clean Pull

17  **More Recommended Exercises**

Abdominal work  
Hyperextensions  
Good Morning  
Pull-ups

18  **Structural Balance between Exercises**

19  **Volume [Sets X Reps] and Intensity**

Sets

20  **How Many Reps?**

21  **Rep Intensity Distribution**

22  **How Strong do you need to be**

23  **3 week Blocks**

24  **Why?**

25  **PATH TO SUCCESS**

26  **Block 1**

27  **Block 2**

28  **Block 3**

29  **Block 4**

30  **References**