

Distance Runners lifting weights

Goals of the Lifting

Neural Adaptations

Multi-joint full Range of Motion Activities

Bone Density

Use Every Activity as a Screen

The Goal: Durability and Performance

Morgan Uceny ended 2011 as the first American since 1985 to be ranked **number one in the world in the 1500 meters** by Track & Field News

Running Coach Terrence Mahon

Strength Coach Dennis Kline

Running Science

Stride...

What's the plan

30% Power

30% Leg Strength (Bilateral and Unilateral)

15% Push

15% Pull

10% Sport specific or structural

3 week blocks

*Bone remodeling is weakened 20 days after initial remodeling begins (Mechanisms and Management of Stress Fractures in Physically Active People\_Romani\_2002).*

Max 50 reps a session?

Volume/time

Program content