

Train like Rocky, run like Pre:
Out of the box Strength Training for Track and Field Athletes
Kyle D. Will, CSCS, RSCC
WillPower Training Studio
Head Track Coach, Bend High School

- A. Strength Training for Track and Field Athletes
 - a. When do you do it
 - b. Who should do it, just throwers right?
 - c. Why you should do it?
 - d. How to implement a program
- B. Benefits of Strength training
 - a. Injury prevention
 - b. Increased power and explosiveness
- C. Out of season vs. competition season
 - a. Different programs, but can do strength throughout season for the most part
- D. All athletes – vary exercises
 - a. All track athletes with distance kids as lone exception rely on power, explosiveness and speed
- E. Make it Fun – Some non traditional exercises
 - a. Definitely use the “standard”: power cleans, deadlifts, lunges, push ups, pull ups, kettlebell swings, etc...
 - b. Get creative
 - c. IN season better to use body weight, plyometric type exercises, medicine balls, slosch tubes, boxes, etc...
- F. Targeted Muscles
 - a. Hips
 - b. CORE
 - c. Shoulders and upper body
 - d. Lower leg

G. Exercises: videos

- a. Slosh Tube: lunges, swings, squats, rotation, bench press
- b. Tire/Heavy bag: flipping, pushing/pulling, knee push, leg push, carry
- c. Jump Rope: BOSU, one leg, double unders
- d. Body Weight: push ups variations (spiderman pushups, nose dive push ups, decline, plyo push ups), bear crawl, monkey bar spiders, window wipers, burpees, stair running/hopping
- e. Medicine Balls: throws, slams, box overs with slam
- f. Towels: partner pulls, pull ups
- g. BOSU: balance work, core activatio

H. How to implement:

- a. Circuit work
- b. "Kyle will workout Mondays"
- c. Allow event coaches to lead
- d. Important to have qualified staff leading
- e. Invest some money for equipment
- f. Hire a Strength Coach??

I. Equipment to get:

- a. Slosh tubes
- b. Medicine balls (leather kind better)
- c. Stretch tubes
- d. Tires
- e. Plyo boxes
- f. TRX/Rings
- g. Pull up bars
- h. Physio Balls

J. Have fun with it

K. Questions?

"You don't know how strong you are, until being strong is the only choice you have"

