Girls can do Power Cleans: Strength training for female track and field athletes.

1. Strength Training is a predominantly MALE activity at the middle school and High School Level
   1. Less then 21% of all female athletes participate in an organized strength training program
   2. Misconception about strength training and females
   3. Females have a fear of getting too “bulky”
   4. Intimidated
   5. Don’t know what to do or how to do it?
   6. Not “feminine”
2. Advantages to Strength Training
   1. Increase bone density
   2. Greater sports performance
   3. Increase lean muscle mass
   4. Reduction in injuries (ACL, meniscus, rotator cuff, etc.)
   5. Higher self esteem
   6. Increased metabolism
3. Women are different than Men
   1. Given the same strength program, women will exhibit similar relative strength gains, but will NOT bulk and change physiologically like men. Why??
      1. Hormones
      2. Insufficient calories – women won’t/don’t eat enough
4. Coaches Roles – education
   1. Strength coaches, PE teachers, Head coaches responsible for educating their athletes
   2. Teaching proper technique
   3. Appropriate training plan based on their sport
5. Injury Prevention
   1. Anatomically different
   2. Q angle
   3. Hormonal differences during puberty
   4. Neuromuscular Differences
      1. More quad, less hamstring
      2. Leg length differences
      3. Girls tend to have less Core Strength than guys, less stability
      4. Girls tend to rely on bones and ligaments to initiate and stop movements, rather than contracting muscles
6. Developing the Strength Program
   1. Comprehensive program – anterior/posterior
   2. Teach technique/athletic movements
   3. Treat females like males, but individualize
   4. Periodize their program
   5. Understand the differences and create program based on need
   6. Examples of Exercises addressing Female Needs:
      1. Hamstring Strength
         1. Split squats
         2. Hamstring curls
         3. Power cleans
         4. Deadlifts (all types)
      2. Glute and Hip Strength
         1. Lunges
         2. Step ups
         3. Squats
         4. Quadruped hip extension
         5. Lateral shuffles with band
         6. Seated external hip rotation
      3. CORE and stability
         1. Planks
         2. Push ups
         3. Single leg
         4. Hanging knee raises
         5. Standing knee raise
         6. Stability ball exercises
            1. Roll ins, pikes
7. With Strength you will get Increased Sport Performance
   1. More power and overall strength = greater performance
   2. More muscle endurance = greater training load
   3. More “athletic”
   4. Greater confidence
   5. Decreased injuries = more playing time = more opportunity!
   6. Functional Strength for life
   7. Increased metabolism
   8. Greater bone density = reduction in injuries
8. Bottom Line: Girls NEED to be strength training!
   1. No downside, all upside
   2. Hire Strength Coach or Trainer to get started if you are not comfortable yourself to implement a program
   3. Most competitive College programs have their girls lifting, but not all!

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