

Strength Training for Running
Anatomical Adaptation (AA) Phase
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Purpose: Adapt general body muscles and tendons to the stresses of strength training in preparation for the greater loading of the Maximum Strength (MS) phase to follow.

Frequency: 2-3 times per week.

Equipment: Either free weights or machines. Can be done as a circuit.

Load/Resistance: 40-60% of 1RM or the greatest load possible for 20-30 reps per set (exception is dead lift for which you start lighter than possible and build during several weeks.)

Sets: 3-5 **Reps:** 20-30 **Recovery between sets:** 60-90 seconds.

Important: During recoveries stretch muscle group just worked before starting next exercise.

Speed: Slow to moderate emphasizing perfect form

Progression: Complete one set of each exercise in order (1, 2, 3, etc) before starting second set. This can be done quite effectively as a circuit training workout using machines. The first set every workout is the lightest. When you can complete 3 sets of 30 reps, increase load.

Exercises: In order of completion (this is the most exercises of the year)...

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

Phase Length: 4-10 weeks.

Warm-Up & Cool Down: Warm-up aerobically (rowing, 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 a stationary bike. Do not run following this workout.