



Lift & Run

STRENGTH TRAINING
FOR RUNNERS

SKYLINE  **RUN COACHING**

Before you Begin

Terms and Conditions:

By downloading and accessing the information and training in this guide you agree that:

I know that prescribed training plans/strength training and running in general has potentially hazardous activities involved.

I should only participate on physician permission and do not assume by participating in Lynsey Romano's prescribed training plans that any agents, representatives, coaches or participants are responsible for granting me this permissions to participate. I assume any and all risks associated with participating in Lynsey Romano's prescribed training plans not limited to falls, contact, effects of weather, roads, and traffic. I waive and release any and all rights and claims for damages sustained by me as result of this clinic including negligence. I assume sole risk and exempt any organizers or sponsors of Lynsey Romano's prescribed training plans from liability.

I acknowledge having read this release and by continuing to the program understand and accept its terms.

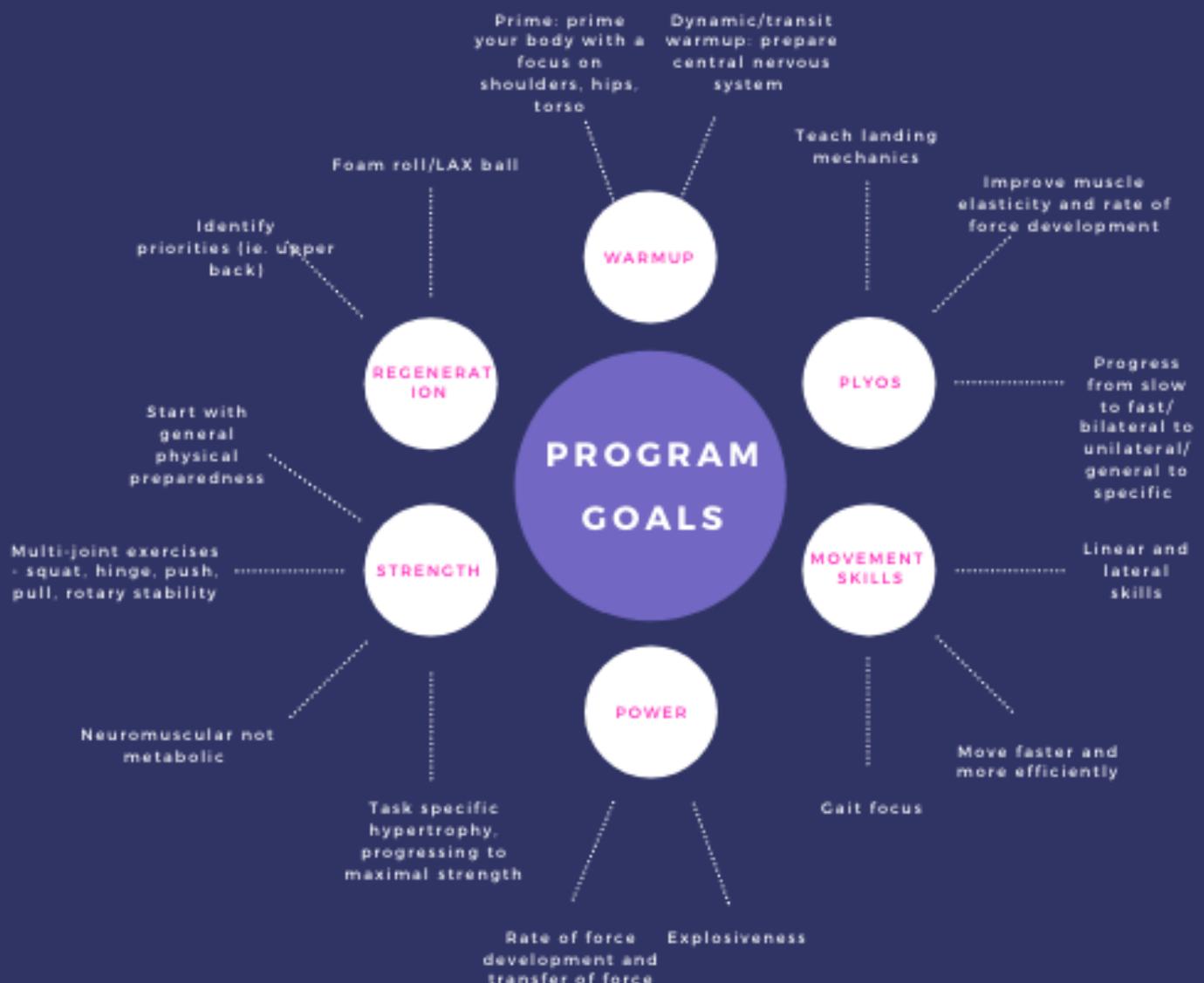
Who is this program for?

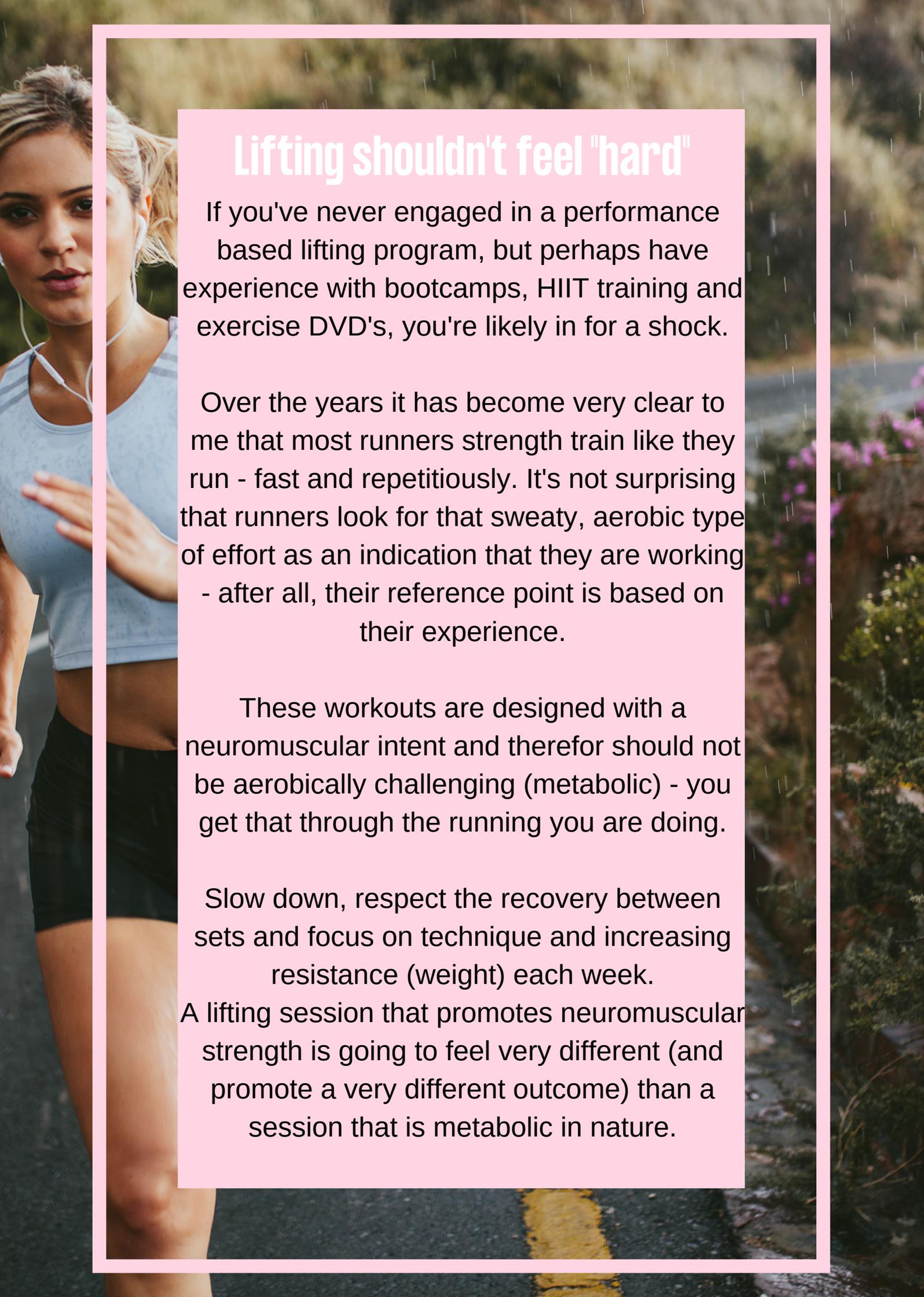
This program is designed for athletes with some strength training experience (between 3-12 months), but new to a structured strength program.

Lifting for Runners

Considerations:

- Preceded by a movement assessment
- Program goals are eventual and may take multiple training cycles to reach (athlete led)
- Outcomes will look different depending on the individual
- Technique (joint position dictates muscle function) is critical
- Quality over quantity
- Periodized
- Progress from general to specific





Lifting shouldn't feel "hard"

If you've never engaged in a performance based lifting program, but perhaps have experience with bootcamps, HIIT training and exercise DVD's, you're likely in for a shock.

Over the years it has become very clear to me that most runners strength train like they run - fast and repetitiously. It's not surprising that runners look for that sweaty, aerobic type of effort as an indication that they are working - after all, their reference point is based on their experience.

These workouts are designed with a neuromuscular intent and therefor should not be aerobically challenging (metabolic) - you get that through the running you are doing.

Slow down, respect the recovery between sets and focus on technique and increasing resistance (weight) each week.

A lifting session that promotes neuromuscular strength is going to feel very different (and promote a very different outcome) than a session that is metabolic in nature.



Equipment for At-Home

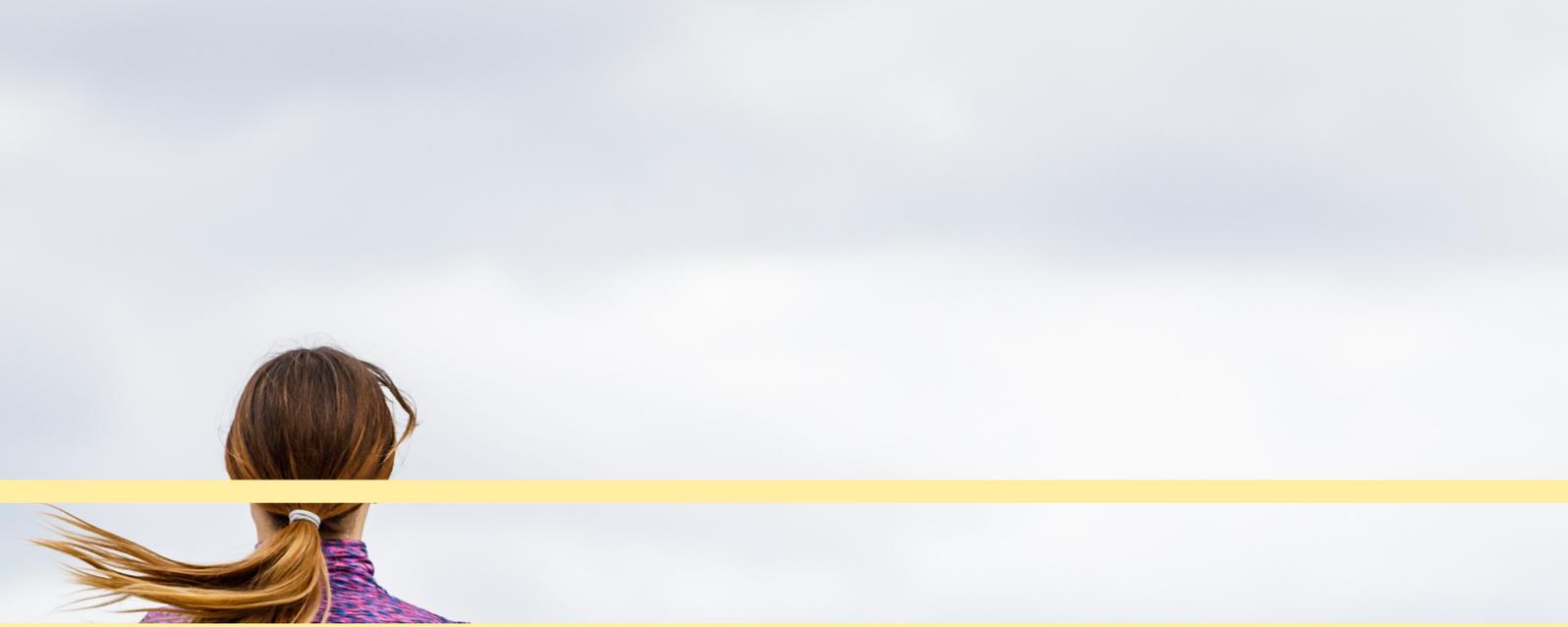
3-4 sets of dumbbells or kettlebells (10 - 15 lbs/ 20 – 25 lbs/ 30 – 35 lbs/ 40 - 45 lbs)

Mini bands

4-8 lbs medicine ball/wall ball

Foam roller and/or LAX ball





How often should I lift? And when?

1 -2 days a week is enough for most runners.

Lifting after your runs on harder running days or on a rest day is generally advised. Lifting the day before your harder running days is typically advised against as it may leave you feeling fatigued.



Warming Up

The warmup consists of 3 components working from general to more session specific: 1) metabolic 2) Pillar Prep 3) Movement Prep

Metabolic - (5-10 min.) walk, easy jog or easy bike. The goal is to gradually increase core temperature and increase blood flow to muscles through submaximal/non-fatiguing effort.

Pillar preparation: Your pillar, which consists of your hips, torso, and shoulders, is the foundation for all movement. Pillar preparation, or pillar prep, primes critical muscles to prepare the body for a workout, decreasing the risk of injury and boosting performance.

Movement preparation: Movement preparation, or movement prep, is an efficient and effective warm-up. It includes dynamic stretches that increase core temperature, prepare the nervous system for exercise, and lengthen, strengthen, and stabilize the body.

A person wearing a white tank top and black leggings is running on a paved path. The background shows a sunset with a warm, golden glow. The person is holding a smartphone in their right hand.

Technique

Lifting safely is primarily dependent on how you lift! If you have poor posture and technique while lifting, it exposes you to injury. The last thing we want is to take something that is supposed to enhance our running, and get injured while doing it!

"When we are strength training correctly, especially to boost performance in sport, we must ensure that we are putting the joints into positions where the muscles are getting BETTER at performing the job they were designed and intended to do." - Brodie, Menachem

Considerations:

Scale your lifts! Always start with a weight that you are 100% confident that you can lift with proper form.

Picking up and putting down your weights IS part of the lift. This requires that you safely pick-up and put the implement back to its initial starting position.

Never perform a movement that you are not comfortable with.

Never perform a movement that causes pain or strain (even if it is low-grade).

Never sacrifice technique to add load or intensity

Technique cont...

Posture and stability for lifting:

In order to lift well, you must be able to maintain stability and tension throughout the body during the lift. Here are a few key points that need to be incorporated into all of your lifts:

Stack your ribs over your pelvis

Knees should be in line with shins or pointed gentle outward - they should not dive inward

The lower back should have a braced, neutral arch

Arms, back, and torso should be flexed

Look straight ahead with your head in a neutral position

Distribute pressure among the inside ball of the foot, outside ball of the foot, and big toe for a solid forefoot - your weight should be over the arch of the foot

Technique cont...

Breathing:

When performing the concentric (muscle shortening) part of the lift, you should exhale and when performing the eccentric (muscle lengthening) part of the lift, you should inhale.

For example, when squatting you should exhale every time you push the weight up, coming to a standing position and inhale when you lower the weight down.

Technique cont...

Plyometrics:

High-intensity strength training and plyometrics demand a higher percentage of fibers to contract at once. Performing these high-intensity lifts further refines the neuromuscular control. This high-intensity lifting for speed fine-tunes our muscular stiffness so that we can produce full force very rapidly. In fact, training in this fashion allows runners to adopt faster stance times without a decrease in efficiency (contrary to commonly held beliefs, very short stance times are actually less efficient unless specific aims are taken to optimize recoil)." - Jay Dicharry, Anatomy for Runners: Unlocking Your Athletic Potential for Health, Speed, and Injury Prevention

The aim of plyometric training in the context of this program is to minimize ground contact time once a baseline of proximal stiffness, strength and good movement has been established.

The volume of plyometrics assigned in this program is low due to the already plyometric nature (running) required from agility handlers. In the case of plyometrics, more is not better. We want the quality to be high and the actions to be quick.

Technique cont...

Considerations for plyometric training:

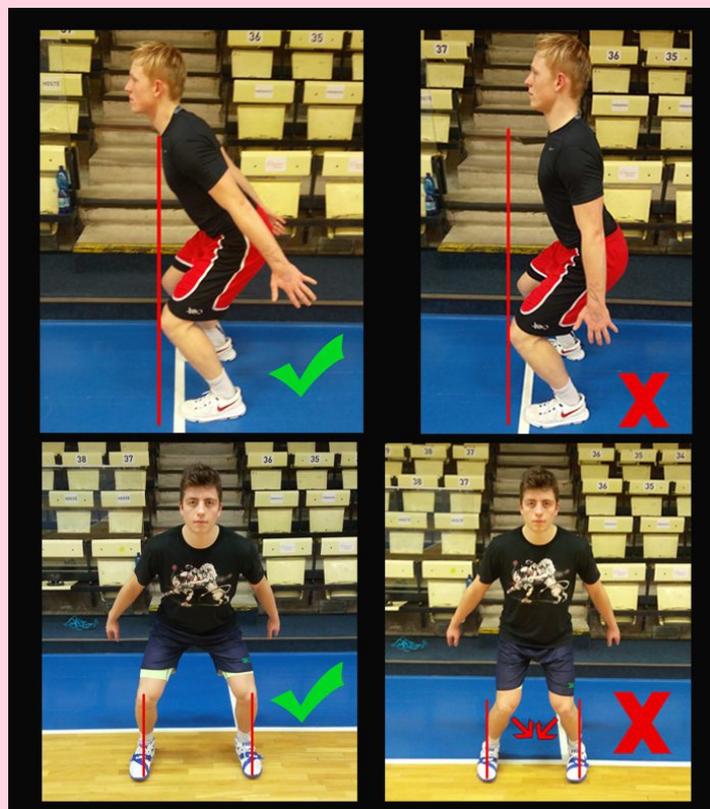
- Establish strength and stability first
 - Learn take-off and landing mechanics
- Keep the volume low and the quality high

Landing

Practice in front of the mirror

Do not allow your knees to “dive” or collapse inward upon landing

Keep your hips back upon landing, your knees will be roughly in line with your toes and your weight should be over the arch of the foot.



Difficulty

Programming that provide the correct amount of training stimulus is crucial , and physiology, level of experience and the rate of progression varies from runner to runner.

Using %Difficulty, like using RPE in running, is an effective way to determine how you should feel while lifting. Below, the chart outlines the effort level and the additional reps you could perceivably perform with excellent technique.

To be clear - in the context of lifting for runners, we should never lift to failure. We will also refrain from 1 rep max testing.

95-100%: Close to/or maximal effort

90-94%: High effort. Leave 1 rep in the tank

85-89%: Medium-high effort. Leave 1-2 reps in the tank

75-84%: Medium effort. Leave 2-3 reps in the tank

70-74%: Pick a weight that you can move fairly easily

65-69%: Easy effort. Slightly harder than a warmup weight

Rest

Appropriate rest between sets is critical.

Rest interval volume depends on the primary type of energy used, and the type of energy used depends on the training phase, exercises intensity and goal.

I'm not pointing any fingers (RUNNERS) but athletes that rush between sets sacrifice performance and inadvertently may cause excessive compensation or injury and make the nature of the workout metabolic versus neuromuscular.

6-12 reps (strength endurance/hypertrophy)
0-60 sec.

1-5 reps (maximal strength)
2-3 mins.

Power
3-5 mins.



Links to plyometrics:

The plyo portion of your programming can be found here:

Drop off low box:

<https://youtu.be/HmujQjZrVkM>

Snap back:

<https://youtu.be/OUAvqsyRluc>

Sets and reps are listed in the PDF workouts



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