

Trunk Kinematics

- Free-weight training improves trunk kinematics.
- Improved trunk kinematics might reduce energy expenditure with lateral oscillation and trunk rotation.

Achilles Tendon Stiffness

- Maximal strength and power training increase Achilles tendon stiffness.
- Stiffer tendons allow for lesser shortening length and velocity of active muscles during the stretch-shortening cycle, which could result in lesser energy expenditure.



- Strength training improves motor unit recruitment and coordination, therefore the relative proportion of active muscle is reduced.
- Decreased activation of antagonist muscles during swing and propulsive phases of running can attenuate unnecessary energy expenditure.

Relative Load

- Resistance training increases maximal strength.
- In stronger muscles, submaximal contractions performed while running might recruit smaller and more efficient motor units.

Vertical Oscillation

- Rate of force development increases following power training.
- Greater rate of force development shortens the interval required to produce the force required to sustain body mass during ground contact, potentially reducing vertical oscillation.

Training Recommendations

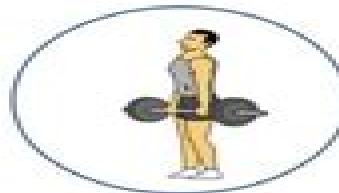
Use free-weights, multi-joint, close-kinetic chain exercises



Heavy Resistance Training

High Loads (>80%1RM)
Few Repetitions (3-5/set)
Long Rest Intervals (2-3')
Reps to non-repetition failure

> 8 weeks of duration
2-3 sessions per week



Explosive Training

Moderate Load (60-80%1RM)
High Velocity
Few Repetitions (4-10/set)
Long Rest Intervals (2-3')

At least 3-hours from intense running sessions



Plyometric Training

No load (bodyweight)
High Velocity
Few Repetitions (4-10/set)
Long Rest Intervals (2-3')
Short Ground Contact Time
30+ foot contacts/session

Periodisation



Review Sports Training

Tobias Bleicker



Review Sports Training:

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