Strength Training for, Runners





performances

Faster time-trial 1500-3000 m and 5-10k

race time for a recreational runner



5-15 repetitions

3-6 sets

Reference: Effects of strength training on the physiological determinants of middle-and long-distance running performance: a systematic review. Sports Medicine 2018

Strength Training Programmes



Reduce the risk of sports injuries by an average of

Reference: Strength training as superior, close-dependent and safe prevention of acute and overuse sports injuries a systematic review, qualitative analysis and meta-analysis. British Journal of Sports Medicine 2018

Strength Training Programmes



nce. Strength training as superior, close-dependent and safe prevention of acute and overuse sports inju-as sustematic review, qualitative analysis and meta-analysis. British Journal of Sports Medicine 2018

Strength Training Reduces the Risk of



Reference: The effectiveness of exercise interventions to prevent sports injuries: a systematic reand meta-analysis of randomised controlled trials. British Journal of Sports Medicine 2014.

Proprioception (Balance) Training Reduces the Risk of Injury

Reference: The effectiveness of exercise interventions to prevent sports injuries: a systematic review and meta-analysis of randomised controlled trials. British Journal of Sports Medicine 2014.



Strength Training Improves Running



Performance 4.8%→**8.1**% improvement in running economy (this impact increase in squat strength grows over time)

VO2max T which means more oxygen and deliver it to your muscles, enabling you to run faster for a

rence: The Effect of Strength Training on Performance Indicators in Dis The Journal of Strength & Conditioning Research 2017.

Strength Training Needs Planning



Strength sessions should be performed at least 3 hours (of rest and recovery) after a high intensity run

before doing a high intensity running session

Reference: Effects of strength training on the physiological determinants of middle- and long-distance running performance: a systematic review. Sports Medicine 2018





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