

Strength Training

1. Power

I am a firm believer that middle distance athletes should train for power. In athletes younger than 15 years only functional strength should be developed. This is push-ups, sit-ups, pull-ups, dips and lunges. After that age only should they be allowed to train with weights for strengthening individual muscle groups. The focus should be on strength and endurance rather to gain muscle. Personally I do a lot of circuit training with my athletes with short max running between stations. Hill training and running with tyres or pulling sleds is also a form to improve power.

2. Stability

Also called core training is extremely important to any athlete, at least 2 sessions per week must be done. Core muscles are deep muscles that stabilize the body and are especially on most joints. Athletes tend to get fewer injuries if the core is maintained well. Promotes good running posture and form.

3. Polymetric

Should be done especially during the general preparation phase, consist of various jumps that develops vertical and horizontal elastic strength. Care should be taken that proper shock absorption shoes are worn and always do it on soft surfaces like grass or sand.

4. Stretching

There is lately huge debate whether Static or dynamic stretching is best. I feel that dynamic stretching should never be done if the athlete hasn't had a good warm up jog and some form of static stretching. My athletes complained easily after dynamic stretching without pre static stretching about sore muscles. All training sessions should have good warm up jogs and cool down jogs after training