

NY Flyers Strength Day

Strength builds durable runners. Durable runners get injured less and have more consistent training. Consistent training over time equals results.

Strength work also improves running economy by increasing: lower limb stiffness, rate of force development, available motor unit pool, better recruitment of fast-twitch fibers, and more.

Strength needs to be deliberate and efficient. Our main purpose is to **run fast**. So we will be selective about which movements and how much volume we do to avoid unnecessary fatigue.

Do this program **2x per week, before** your easy day runs.

This program looks a lot like your warm-up! That's because we're trying to strengthen (and/or warm-up) the muscles that you'll be using for running. The difference here is that we'll be skipping the ply jumps/hops, and focusing more on the strength piece.

You should feel a good "burn" by the end of each movement. If you don't, then you should either increase the reps (more volume) or increase the weight (grab some dumbbells).

Don't worry if you can't do all of the reps or all of the prescribed time. Do as much as you can, and work on building up to the times listed below. Stay honest with your form & your capabilities.

You might be sore after doing these for the first couple weeks. That's ok, you'll adapt. Check out the **Mobility Worksheet** to work out those aches & pains.

[Schedule a free injury consultation](#)

Circuit	4 sets		
	Time / reps	Video Demo	Notes
Walking Lunges	20 total (10each)	Link	Try and get your knee to the ground. Deep lunge, think of this as a mobility+strength movement
Dynamic Plank	x :60sec	Link	Challenge yourself here - keep the abs tight and wiggle back & forth - pick one leg up, then the other. Make it dynamic. Only go for as long as you can, work your way up to :60sec
Single Leg Calf Raises	x 20reps	Link	* Single leg! Harder than double leg. Should feel a good burn in the calves by the end of the set.
Side Plank with March	x :20sec	Link	Should feel this in the lateral hip of the bottom leg. The "march" with the top leg helps throw you off balance, so make sure to keep good form and stay steady.

Do this in a **Circuit**. Meaning - go from one movement to the next until the # of sets is completed.

Example - Lunges, then Plank, then Calf Raises, then Side Plank = 1 set. Repeat that until you've completed 4 sets.