

NY FLYERS STRENGTH PROGRAM | MTP 2021



Exercises below have clickable video links

Set 1: Activation

2-4 sets, alternating exercises, no rest between sets

- [Single leg plank](#) x :20 - :30sec each side
- [Single leg bridges](#) x15 each side

Set 2: Jumps & Hops

2 sets, alternating exercises, :30sec rest between sets

- [Double leg vertical jump](#) x6
- [Double leg hops](#) x :20sec

Set 3: Compound Movements

3-5 sets, Go from one exercise to the next until all sets are complete

- [Split squat](#) x8 each side
- [Reverse lunge](#) x8 each side
- [Side plank](#) x :20 - :40sec each side

FREQUENCY: Do this program 1x minimum, 4x maximum, per week, on your rest days and/or easier run days.

INTENSITY & FEEL: Strength work (*Sets 1 & 3*) should produce a good burn. If you're not feeling that burn, either increase the weight, duration, or the speed of your exercise. Jumps & Hops (*Set 2*) should feel powerful for the jumps, and springy for the hops. In general, if safe, the heavier the better.

VOLUME: Start with the lower # of prescribed sets, and work your way up to the max (example - work your way from doing 2 sets to 4 sets over about a month's time).

PURPOSE: Being able to run consistently is the key to any training program. Injuries get in the way of that consistency, and strength training helps protect against injury. Strength training works by making your muscles, tendons, bones, and ligaments stronger. That means you can do more running before the tissue starts to break down. Repeatedly exceeding your body's physical capacity, over time, leads to injury. Strength training makes you robust, durable, and physically able to handle the incredible demands of marathon training.

INJURY CALL: \$30 telehealth call to diagnose and get you back to running as soon as possible with Dr. Blake Dirksen PT, DPT, CSCS of [Bespoke Treatments](#)

[SCHEDULE LINK](#)