

Strength & Condition Programme: James O'Brien U20 [17 years old]

Training Age: 5. Event Groups: 400m/800m [Primary]/1500m

Competitive Level: Event Group

Author: Steve O'Brien [Athletics Coach] 28/10/14 Supplement.



Keep Me On The Track Sessions.

We feel that this is the bare minimum strength work an athlete should undertake to ensure that they remain injury free. A series of bodyweight exercises and stretching – in James' case – that are undertaken twice weekly and timetabled on effort days – post primary session so as not to impact negatively on the prime objective of improving running economy; this allows sufficient adaptation and recovery prior to the next 'effort' training day.

1. Side Planks with ankle raise – 3 x 12/16/20 – progression with knee drive.
2. Swiss Ball Squat with quad resistance band 3 x 12/16/20. Squeezing buttocks as if you are keeping a 5p in place.
3. Single Leg Dynamic Bridge. Warm up with both legs. 4 weeks with tucked in ball for neural programming – up -1-2-down 3 x 12/14/16 per leg. Progress to 1.25kg/2kg/5kg/10k
4. Calf Raise 3 x 12/16/20. Progress to Single leg lower. ¹

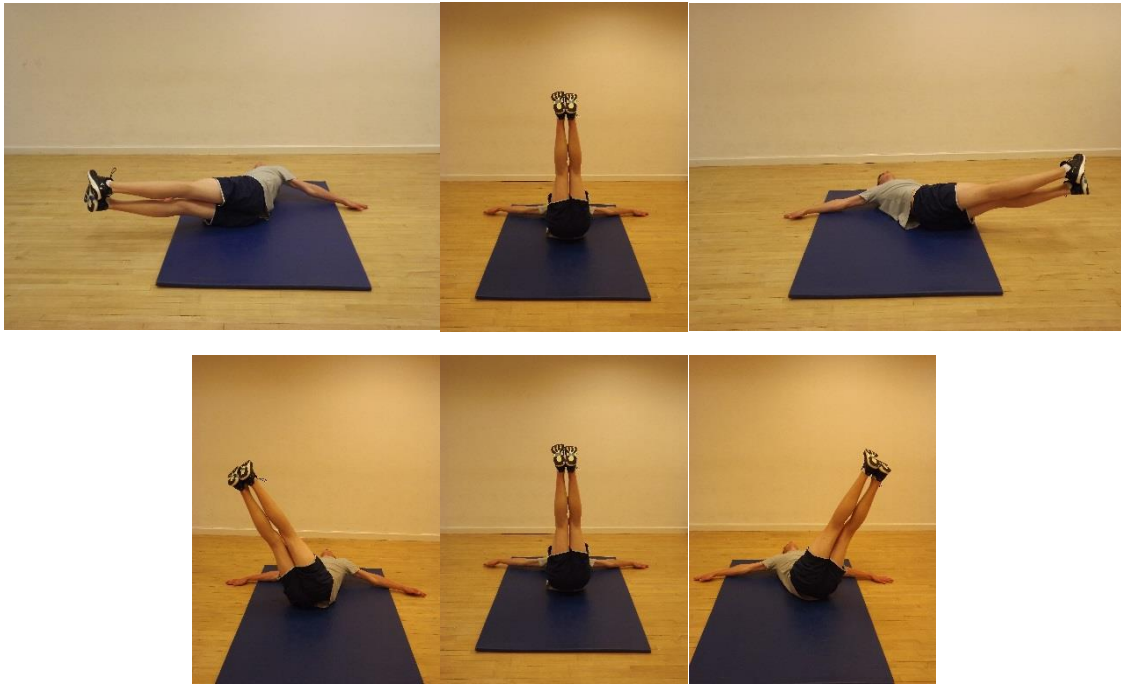


¹ Exercise 1-4 Andrew Caldwell BSc [hons] Physiotherapy MSCP

Core Outs.

Timetabled as the final stressor in the twice weekly S&C sessions.

1. Full Rotation Lateral Leg Lowers² 10 Each Direction.
2. Mid Rotation Lateral Leg Lowers at Pace 10 Each Direction.

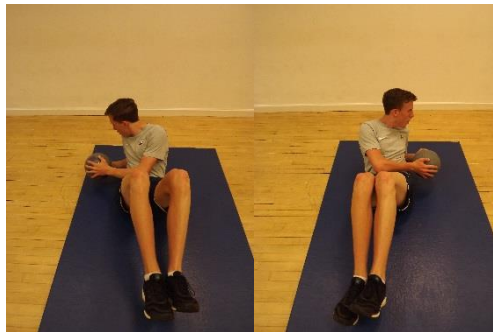
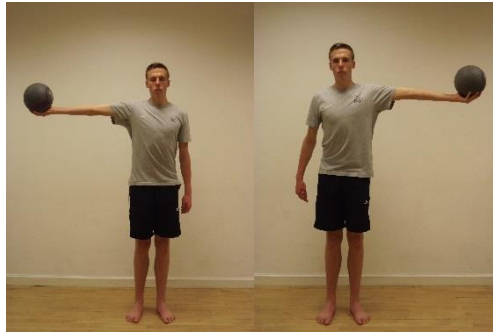


² Exercises 1 & 2 Chris Bramah (BSc, Msc Physiotherapy, MSCP)

Medicine Ball Exercises.

Med ball sessions are timetabled twice weekly as part of a dynamic warm up prior to an easy relaxed run. The warm up is progressed with 2 x 6 x 9 second alactic runs of <60m on grass.

1. Oblique medicine ball conditioner – jog a 20m there and back course maintaining good form per side. X 3³
2. Medicine Ball Lunges with a Twist Drill. 2 x 30 Metres.
3. Russian Twists with Medicine Ball. 3 x 5 sets of 4 twists
4. Kneeling Medicine Ball Throw with Core Rotation. 10 Rotations Per Side Per Leg.⁴



³ Exercise 1 David Rowland – National Coach Mentor [Physical Prep] British Athletics

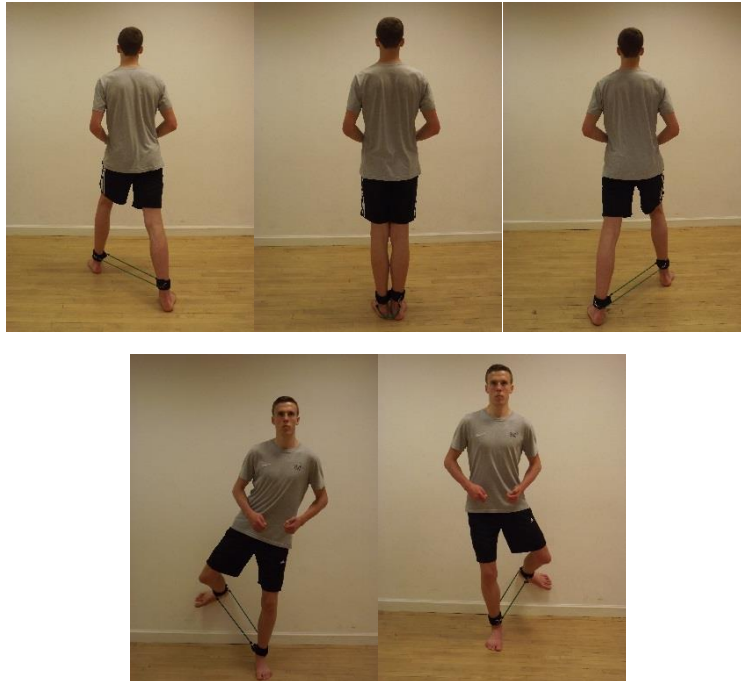
⁴ Exercises 2,3,4 Chris Bramah (BSc, Msc Physiotherapy, MSCP)

Athlete Prescribed Exercises.

Included as part of a dynamic warm up to the two main S&C sessions per week.

Resistance Band Exercises:

1. 3 x 20 metres of dynamic Speedskaters with resistance band.
2. 3 x 12 x Reverse Clam [note bent knee of supporting leg] with resistance band – progression 16-20.⁵



Drills:

1. Arabesques. 3 x 30 Metres.
2. Double Bounce High Knees 3 x 30 Metres.
3. Single Leg Hops 3 x 30 Metres. Progression: Diagonal into and out of agility ladder.⁶



⁵ Resistance Band Exercises 1&2 - Andrew Caldwell BSc [hons] Physiotherapy MSCP

⁶ Dynamic warm up drills [bio-mechanical programming] - Chris Bramah (BSc, Msc Physiotherapy, MSCP)

