**Strength Training for Track and Field**

Strength in the weight room and on the track has to compliment the event and what you do on the track.

Strength and the weight room runs on a continuum with progression and technical acquisition

Age

Training Age

Safety – rule of thumb, times for usage of straps, belts –development of system

Technical Execution

General Strength-

Specific Strength

Max Strength

Strength Endurance

Eccentric-Isometric Strength

Cross Potentiation Training

Power Strength-Speed

Olympic Lifts

Individualization of Training