

Principals for an Effective Strength & Conditioning Program

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Use closed kinetic chain exercises and multi-joint movements

Exercises performed in a standing position that incorporate more than one joint strengthen the entire body and are time efficient. It is also helpful to keep in mind that in sport, muscle isolation never occurs.

Utilize high-power-generating training for strength/power athletes

Lifting movements like the Olympic lifts, plyometrics, and implement projectile exercises like medicine ball throws are valuable tools for maximizing the athletic potential of strength/power athletes.

Train the whole body

Track & Field requires athletes have total body strength regardless of the event. Weaknesses in a given muscle group may predispose athletes to injury or prevent athletes from reaching their potential.

Use predominantly free weights and body weight resistance

Free weights and body weight exercises incorporate a maximum number of muscles in a natural manner that may have greater carry-over to the sporting field.

Incorporation not Isolation

Train athletes to use their whole body as a synchronous unit, not as segmented parts.

Conditioning is best when specific to the metabolic demands of the sport

Use appropriate work to rest ratios to maximize the results of the training program.

Master general movement skills to improve specific sport actions

Athletes will be better able to learn sport techniques when they have mastered basic movement patterns.

Treat the workout or session like a sport practice

Explain to the athletes what they will be doing, coach them while they do it, and give them feedback and tell them what they can do to improve .

Keep workouts organized and intense

The athletes will go through the workout or session as a team, exercise by exercise.

Train attitude

The strength coach should expect and demand mental toughness, discipline, and focus. Whining, disrespect, or spreading negativity will not be tolerated.