

## Strength Training's Role in Pella High School Cross Country Program Based on Core Belief Statements within the Training Philosophy

### **Training Philosophy:** Core Belief Statements

**Area:** Strength Training

#### **Statement of Purpose for Strength Training:**

Strength training will be viewed as a complementary piece of the training program. Strength training will be aligned with the Core Belief Statements listed below. All strength training should be coordinated between program coaches. Coordination ensures the most complementary program by incorporating the most up to date knowledge from the program's primary training area (the running program). Strength training should be aligned with the program's seasonal and/or weekly priorities. In addition to the Core Belief Statements, competition schedule, injuries, athlete training age, and athlete long term development will be considered when deciding on the appropriateness of the program.

#### **Core Belief Statements:**

1. **Train movements not muscles** by strengthening specific movement patterns  
(Coordination)
  - Strength training should strive to work movement specific joint angles, positions, and coordination patterns.
  - Define and train fundamental movement skills before specific movement skills.
  - Train unilateral and bilateral movements.
2. **Train dynamic postural alignment and balance** as the foundation.
  - Core or pillar training should be executed mostly in a standing dynamic manner (bands, med balls, sandbags, body weight)
  - Seated, prone, supine, static hold exercises (planks) should be limited and used only in a need-based or rehabilitation manner.
3. **Train core strength before extremity strength.**
  - Use multi-joint and multi-plane movements before single joint and single plane movements
  - Train proximal to distal.
  - Train joint integrity before joint mobility.
4. **Train with differentiated progressions** that follow these principles:
  - Train body weight before external resistance.
  - Train strength before strength endurance.
  - Train speed before speed endurance.
5. **Complementary and not additive.**
  - Cross Country is aerobic / endurance-based by nature. Strength training does not need to add "conditioning" to the program.
  - Common WOD, tabata, circuits ad-infinitum need not be a part of a strength program. Rest time, reps, sets, etc. should be structured and planned.
  - Be aware of common cross country repetitive movements and susceptibility to repetitive injuries when selecting exercises.

*Eric Pingel*