

Power Systems
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Professional
Triathlete:

**ANDY
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TRAIN LIKE A PRO



Andy Drobeck: Power Systems triathlete.

Strength training is a critical part of running healthy and strong. Runners of all levels can benefit from a strength routine, however it becomes particularly important as mileage, speed, or the culmination of both are added. This generally happens as the athlete is preparing for an event, which is the worst time to get injured. Although strength training takes time, it is equally important to running and a runner is often better off substituting a strength routine for a few extra miles.

The purpose of these exercises is to strengthen the muscles used in running, recruit a variety of muscle groups, and to train the athlete in the proper position so good form can be mentally cued up during a run. The goal is to prevent injury, improve form, decrease recovery time, and provide overall speed and fitness improvement.

The single leg squat can be used as a simple test at the beginning of a training program to assess the strength level of an individual. A single leg squat should be relatively easy. If it is hard and form is out of whack, then a routine like this one is a definite must.

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1



GLUTE BRIDGE AND CURL / SLIDING LEG CURLS

Purpose: Improve strength in the core and glutes while eccentrically training the hamstrings.
3 sets of 10 reps.

Variations: Feet can be on stability ball, towels, sliders (as in picture), or in the TRX cradle.

1. Begin supine on the ground with legs shoulder width apart.
2. Push through the heels and use glutes to press up into a bridge position.
3. Pull your heels toward your hips as far as you can. Then slide your heels back until just before the starting position.
4. Keep abs tight and you slide heels toward you and don't allow hips to drop. Keep hips off the ground and glutes engaged as you slide heels away from you.



CLAM WITH VERSA-LOOP

Purpose: strengthen abductors
25 reps on each side

1. Place a Versa-Loop slightly above the knee.
2. While lying on your side and keeping feet stacked together, open one knee to the ceiling.
3. Return to starting position.

2



UNILATERAL SQUAT AND CABLE ROW

Purpose: Similar to the single leg squat however, with weight loaded in front it is easier to balance thus allowing focus on driving from the glutes.

3 sets of 10 reps on each leg

1. Find a cable pulley machine and set the handle low on the machine. Find a weight that is challenging but not too much as to force improper form.
2. Face forward with feet hip width apart and knees slightly bent. Grab handle with one hand.
3. Stand on the leg that is opposite the hand holding on to the cable.
4. Sink into a one legged squat until your thigh is parallel with the floor.
5. Drive up while performing a row.



SUPPORTED BACK LUNGE

Purpose: Strengthen the muscles associated with a back lunge. Supported from the front of your body allows you to focus on proper form and to really sink deep into the lunge.

2 sets of 15 on each leg

1. Use a TRX or Jungle Gym system and extend straps until about mid-thigh.
2. Grip handles and face forward.
3. Starting on right foot, step backward with left leg until toe lightly touches the ground.
4. Bend the right knee and be aware to keep knee behind toes.
5. Keep spine in neutral position with arms extended out in front.
6. Drive through your right heel to activate the glute and bring you back to the starting position.

5



BASIC WORKOUT

LOW LATERAL BAND SQUAT/WALK/AND MONSTER

Purpose: strengthen abductors.

3 rounds (1 Round is 10 squats, 10 lateral left, 10 lateral right, 15 monster forward, 15 Monster back)

1. Use Versa-Loop and place around ankles or just below knees. Choose resistance that is challenge but not so much as to cause improper form.
2. Clasp hands in front, or hold light dumbbells (5lbs)
3. With legs should width apart, squat the same as BOSU squat. Do 10 squats
4. On the last squat, stop in the low position and step to the left 10 times in a controlled movement and without lifting the hip. Then take 10 steps back to the right.
5. Now while staying low near the squat position take 15 short steps forward focusing on hip abduction. Reverse the steps walking backwards.

A few words from Andy:

Please Note: I am not a physical therapist. I've developed this routine from exercises PT's have given to me over the years. I've found this works for me. Everybody is different though. It is advisable to seek out a PT (or trainer) initially in order to learn proper technique and customize a routine. Do a combination of this routine daily for a beginner and a few times a week once strength is realized.



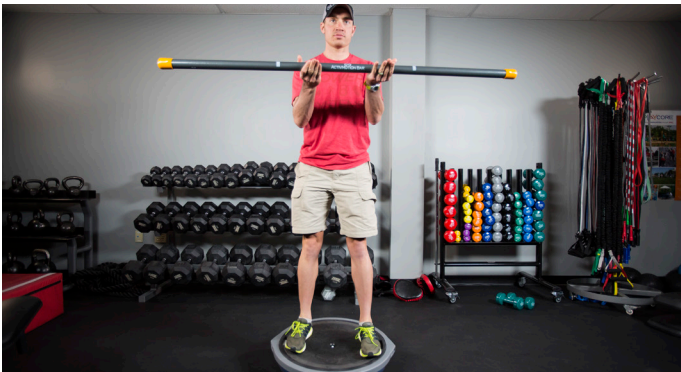
SINGLE LEG SQUAT ON BOSU BALL

Purpose: Test for weakness in the legs. Work on strength and balance.

3 sets of 10 reps on each leg

1. Start in a single leg stance with arms out in front (dumbbells can be added for strength)
2. Maintain a neutral spine and level hips.
3. Squat down with hips moving back and allowing the chest to naturally come forward with a neutral spine. Keep the knee in line with the foot and watch for it caving to the inside. Keep knee from extending out in front of the toes. Torso should face front and not rotated.
4. Return to the starting position.

(BOSU is an advanced movement, beginners should do this on flat ground)



BOSU BALL SQUAT

Purpose: Strengthening exercise. Works accessory stabilizer muscles and helps with balance.

3 sets of 10 reps.

1. Start standing on flat side of BOSU ball (or bubble side is variation) with legs shoulder width apart.
2. Increase the challenge by holding light weight (10 lbs) dumbbells out in front, or use Active Motion Bar for additional balance challenge.
3. Once you are set, squat down slowly until your thighs are about parallel with the ground. Then return to start position in a slow controlled motion.

(BOSU is an advanced movement, beginners should do this on flat ground)

3



STEP UPS

Purpose: Increase strength, improve form and balance.

3 sets of 10 reps on each leg

1. Set out a chair, box, or bench that is around knee high. For beginners use a shorter box to start.
2. Start facing the step with one foot up.
3. Push through the heel on the step to engage the glutes and hamstrings drive through those muscles. Goal is to utilize those muscle rather than the quads and hip flexors.
4. Slowly return to the starting position with a few seconds of pause before foot returns to the ground.



ROTISSERIE CHICKEN

Purpose: Core strength. Improve hip rotation and core control.

3 sets of 10 reps on each side

1. Lie face up and place one leg in the cradle of TRX or Jungle Gym. If those are unavailable the leg can be place on a stability ball.
2. Place hands on the floor beside you for more stability or on your hips for more of a challenge.
3. Lift hips, and bridge up until body is straight.
4. Rotate hips and leg back and forth as if on a rotisserie.
5. Switch legs

4



SLING LUNGES

Purpose: Simulate running in a controlled motion.

3 sets of 12 on each leg

1. Use a TRX, Jungle Gym, or any type of sling. Place one foot in the cradle behind you.
2. Stand neutral with shoulders over hips.
3. Drive the knee in the sling back while lowering your hips until your back knee is just a few inches from the ground and your front knee is roughly 90 degrees (not out past toes). Place opposite arm out in front as if running.
4. Drive through the heel of the grounded leg with emphasis on using glutes.
5. This should look like an exaggerated running gait.

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