

STRENGTH TRAINING

FOR RUNNERS



Hi My Name is Katie Slanker

I teach runners how to achieve optimal balance in their training to avoid pain and injury without giving up the training they love.

Having had 3 ACL reconstruction surgeries and one complex root tear repair of my medial meniscus, I know what it is like to be told you have to stop running and fitness (even if for a short period of time).

I have taken the last year to deep dive into new research on running injuries and rehab and the shifts compared to what used to be standard recommendations, especially strength training and training modifications instead of just taking time off.

I now specialize in helping runners and athletes modify their training to keep running and training as much as they safely can as well as getting back to running after time off from injury.

As an athletic trainer, running coach, personal trainer, nutrition coach, mom and wife, I know we also have to do all our training within a busy schedule and help people find ways to make it all fit!



Katie

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TRAINING RESET

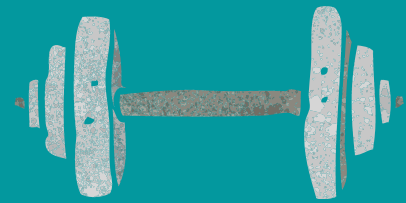
FUNCTIONALLY FIT BY KATIE



Consider any current pain or injury! Pain Should Not Increase from Training. Typical strength should be 70-80% of 1 RM or about 12RM-8RM.

Repetition Max (RM).

8 RM-12RM



Considerations for Training

1. Current Injury
2. Current Aches/Pain
3. Repetitions
4. Load
5. Exercise Selection
6. Intention
7. Progression



1. Current Injury will always be first priority. If you are returning from an injury guidelines from the PT you are working with come first.
2. Current Aches and Pains will weight heavily in selection of load and Exercise selection. Choose exercises that don't irritate the areas that are painful.
- 3.,4. Repetitions and Load go hand in hand. The amount of weight you lift will limit your repetitions. As I mention Repetition Maximum, this means so much weight you can only do the prescribed repetitions. So an 8PM-12RM will translate to about 70-80% of a 1 RM.

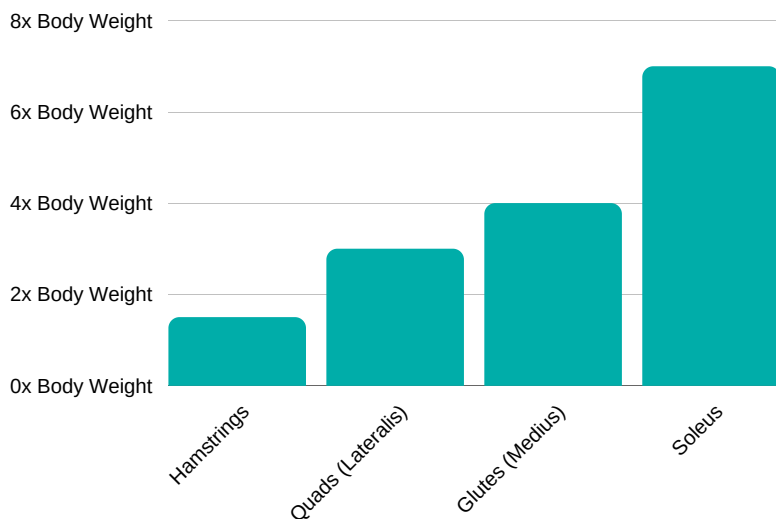
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Hamstrings, Quads, Glutes and Soleus handle the most load in running. To train Intentionally means to train the muscles we need based on what you need to run. To know why an exercise is important and its benefits!



5-7. The exercises you choose should be based on your current needs, not where you want to be. We always want to start with Movement, then Stability, then Strength and Finally Muscle Control (Plyometric type movements). Also form is critical so be sure to focus on the muscles you are intending to work!

This means meeting yourself where you are first, then remembering to progress your training. Often when dealing with injury or chronic pain we need to rebuild our base. This means modifying your training and doing more rehabilitation style workouts. But it doesn't stop with clams, bridges and monster walks. We have to get our body to be able to tolerate the loads they are under running!



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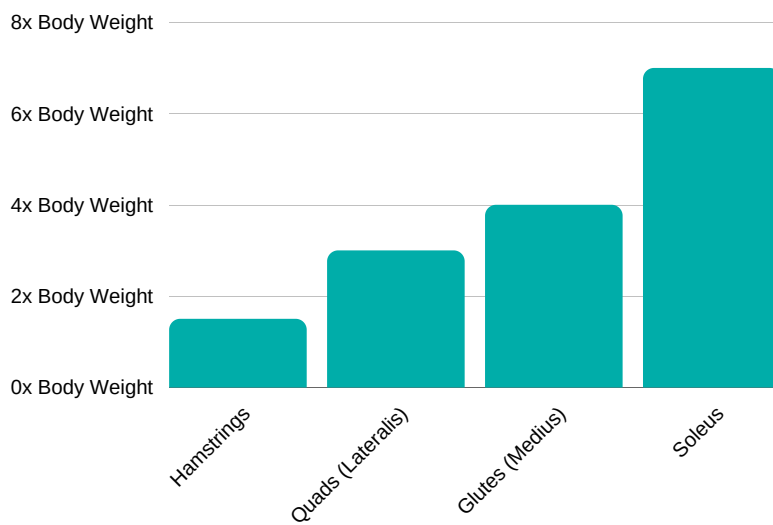
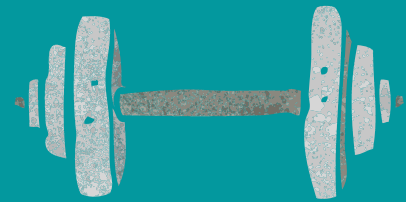
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RESET with the 4 P's

R - Reassess
E - Evaluate
S - Strategize
E - Execute
T - Train

P - Purpose
P - Prioritize
P - Plan
P - Problem Solve



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