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Creating a Plyometrics Workout: A Guide for Runners Looking to improve your power and running speed by incorporating plyometrics exercises into your training? Here’s how to structure a plyometrics workout to help you achieve your goals. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. Before incorporating plyometric exercises into your run training program, consider the following points: Landing Surface: soft surfaces such as grass, a thick rubber mat, or a rubber track are recommended. Training area: make sure you have enough room to safely perform the exercises. A minimum of a 10 foot ceiling height is ideal if you are indoors. Equipment: all plyometric equipment should be sturdy and stable. Not EVERY runner is an ideal candidate for adding plyometrics exercises to their training. Here are five important points to consider: The National Strength and Conditioning Association recommends in their Position Stand on Explosive/Plyometric Exercises that only athletes who have already achieved high levels of strength through standard resistance training should engage in plyometric drills (5). If you are a runner who does not focus on strength training, but wants to incorporate plyometrics, start with lower volume, lower intensity plyometric exercises. Focus on technique and proper progression, while slowly incorporating plyometric exercises into your workouts. Plyometric exercises require a solid, stable support base in order to allow you to safely and correctly perform the movements. In other words, you need to have sufficient balance. The chart below demonstrates three balance tests, in order of difficulty. Each test should be performed – without falling – for a minimum of 30 seconds before moving on to the next test. Proper foot, ankle, and hip integrity & mobility is necessary before beginning plyometric exercises. If you have compromised joints from a recent or recurring injury, or have limited mobility in your joints, consult with a physical therapist or strength & conditioning specialist before beginning plyometric exercises. You must be able to perform a given plyometric exercise with proper technique, including proper landing skills. Improper technique or landing can not only compromise the effectiveness of a given exercise, but could put you at risk for injury. Fitness is NOT defined by what you look like or how much you weigh. However, in the case of plyometrics, physics definitely come into consideration. According to NSCA, runners & athletes who weight more than 220 lbs (100kg) may be at an increased risk for injury when performing plyometrics exercises. Runners who are currently injured, have any sort of preexisting orthopedic conditions (such as osteoarthritis, joint degeneration) or have had any sort of surgical joint intervention (such as knee or ankle surgery) should consult their physician or physical therapist before beginning plyometrics. How to Structure a Plyometrics Workout: Specificity matters when it comes to training for sport performance, and plyometrics are no exception! You should choose plyometric exercises based on how they can assist with your sport performance goals. For example, plyometric exercises such as bounds mimic the running gait, and are a better option for improving running performance over something like a heavy bag thrust. If you are a trail runner, you may want to incorporate more lateral plyometrics drills, to mimic the unexpected change of direction that happens when encountering rocks or roots on trail. The warm-up for plyometric exercises should consist of about 5-10 minutes of lower effort aerobic exercise, such as an easy warm-up effort run. Next, you’ll want to go through specific ###ARTICLEup drills that mimic the movements of plyometric exercises, such as marching, toe-jogging, straight-leg jogging, butt kickers, exaggerated skips, lateral shuffles, and forward, side, and back lunges, are used to warm up before a workout. The drill portion should last 5-10 minutes, followed by a total warm-up time of 10-15 minutes. Plyometric volume is typically measured in repetitions and sets, similar to strength training. For lower body plyometrics, the number of foot contacts per workout is often used as a metric. Plyometric exercises aim to build explosive power and speed. It's recommended to perform 2-6 sets of 3-8 powerful reps or 3-8 reps on each side for unilateral exercises. The National Strength and Conditioning Association suggests the following plyometrics volume guidelines: beginners (80-100 contacts), intermediate (100-120 contacts), advanced (120-140 contacts). Recovery periods between sets should be 1:5 to 1:10, meaning if a squat jump takes 10 seconds, rest for 50-100 seconds before starting the next set. Recovery periods between plyometric workouts should be 2-4 days to prevent overtraining. Additionally, plyometric exercises for a specific body area should not be performed two days in succession. A no-equipment needed plyometrics workout for runners includes exercises like single-leg hops, wall sits, and plyometric bounds. These exercises aim to improve explosive power and speed while being low-intensity and directional. plyometrics training improves athletic performance by utilizing rapid, powerful movements that enhance muscular and neurological functions. This type of training works on both levels by employing stretch-shortening cycles to boost power output in various sports. Plyometric exercises are an effective way for athletes to increase their explosiveness and agility. ###ARTICLEPlyometric training plays a crucial role in enhancing the agility of soccer players due to its ability to facilitate quick changes in direction and movement during games.