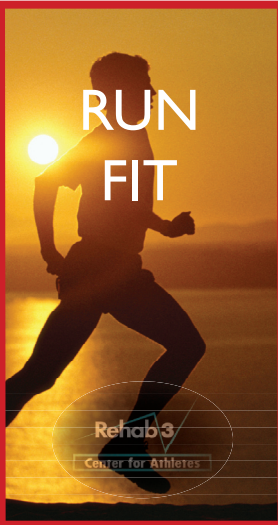




# Rehab 3

# Center for Athletes



## DISPELLING MYTHS IN STRENGTH AND CONDITIONING PROGRAMS

Strength and Conditioning and sports performance programs have become an increasingly popular topic among athletes and coaches of all levels of competition. Athletes and coaches want to know what types of training will produce the best results. Everyone is looking for drills, exercises and techniques that might be better than what the "other guy" is doing.

In an effort to dispel some of the myths of strength and conditioning and to give you an idea of which methods some of the best athletes and strength coaches are currently using, we have compiled the following information based on recent surveys of strength coaches from the NFL, NHL, NBA, and MLB.

**Flexibility** - Nearly 100% of all strength coaches surveyed report that they use some type of flexibility training during their workouts both off-season and in-season. Approximately 70% of the strength coaches use a dynamic flexibility program. Dynamic flexibility or dynamic warm up is a series of total body movements designed to stretch the body in sport specific movements and prepare the athlete for activity.

**Plyometrics** - Approximately 97% of all strength coaches surveyed reported using plyometric training as part of their conditioning program. Plyometric training is most commonly used to increase power, acceleration and quickness.

**Speed** - Almost all of the coaches surveyed reported using some type of speed training in their programs. The most popular types of speed training included combinations of endurance sprints ( 200 yds – 300 yds), short sprints ( 20 yds – 40 yds), resisted running, and form running.

**Strength** - All of the surveyed strength coaches were asked to list what they believed to be the most important exercises in a strength training program. From each of the four sports surveyed the majority of the coaches reported that squats and variations of the squat (front squat, lunges, single leg squat) were the most important exercises. Squats were followed closely by Olympic power lifts and their variations (hang clean, jerk, push press, snatch etc.) as the second most important exercises.

Strength and conditioning programs must include all aspects of athletics; flexibility, strength, speed and power in order to produce maximum results. The volume and frequency of these types of training must also be considered. Inappropriate training will affect an athlete's ability to reach full potential and may lead to injury. Find a certified strength and conditioning coach with the knowledge and experience to create a program that considers all these factors. A well-balanced program is always the quickest way to success.

## Education Seminars

Certified Strength and Conditioning Specialists from Rehab 3 Center for Athletes are available to speak at your next practice or coaches' association meeting.

Suggested topics:

- Strength Training
- Dynamic Warm-up
- Speed Training
- Agility
- Off-Season Conditioning

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## Athlete of the Month



Steve Young  
Football  
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New Hampshire

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