



Plyometric Protocol

Why: Research has shown that plyometrics have the potential to improve overall strength and running economy by training efficient muscle recruitment for the running motion.

Who: Consider adding plyometrics for the following types of athlete:

- coming back from injury
- long-legged, with low turnover and high GCT (ground contact time)
- trying to improve durability without volume

When: Incorporate plyometrics after 6-8 weeks of general strength work. A progression might look like the following:

Heavy strength work → In place plyometric moves → Hill bounding
(progressing from least to most sport/race specific)

What: The following exercises are the most important to focus on:

- [Split jumps](#)
- [Box jumps](#)
- [Lateral jumps](#)

How: Start with a 5-10 minute warmup. 2 sets of 15 repetitions. Prescribe twice a week. Continue for 4-6 weeks.