

TEAM RUNNING USA AT SNOWCREEK ATHLETIC CLUB

TEAM RUNNING USA

An elite group of long-distance runners (American and World Record Holders, Olympians, National and World Champions) train in Mammoth Lakes. They strength train at Snowcreek Athletic Club six days a week.

They are:

Head Coach, Terrence Mahon http://www.runmammoth.com/coaches_bio_tm.html

Deena Kastor www.deenakastor.com

Meb Keflezighi www.runmeb.com

Jen Rhines http://www.runmammoth.com/athletes_bio_JR.html

Ryan Hall http://www.runmammoth.com/athletes_bio_RH.html

Sara Hall http://www.runmammoth.com/athletes_bio_SH.html

Ian Dobson http://www.runmammoth.com/athletes_bio_ID.html

Kate O'Neill http://www.runmammoth.com/athletes_bio_KO.html

Michael McKeeman http://www.runmammoth.com/athletes_bio_MM.html

See their website: www.runmammoth.com for their story.

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WORDS FROM THE TEAM:

Head Coach, Terrence Mahon explains his strength training philosophy and program with the team.

“The Team strength trains at Snowcreek Athletic Club while in Mammoth. Team Running USA utilizes the Snow Creek Athletic Club 6 days a week during our training stints in Mammoth Lakes.

Our general strength training routines plot out as follows:

Monday – Lower Body strength emphasis with additional core strength exercises

Tuesday – Upper body strength emphasis with additional core strength exercises

Wednesday – Power/ Speed sessions which include hops, jumps medicine ball throws and other plyometric drills

Thursday – same as Monday

Friday – same as Tuesday

Saturday – same as Tuesday, but usually less total volume

Our strength cycles will change every 3-4weeks. By changing up a training program every 3-6 weeks (depending on athletic maturity) we can continue to work on learning and mastering new and more complex exercises from season to season and year to year. Each training day in the gym will consist of no more than 5-6 resistance exercises and 5-6 core strength or postural

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re-education exercises. We feel that by not overloading on the total volume of the exercises we can keep the level of quality up and insure that we are using good mechanics throughout the gym session.

We believe that training in the gym accomplishes many positive things for our Olympic hopefuls. It increases neuromuscular facilitation and muscle recruitment through resistance training in multiple planes of space. This is very helpful for athletes that do repetitive exercise sports that are very linear, such as running. Resistance training brings a new stimulus to the body and as such the body works to adapt to that stress by calling on more muscle fibers as well as recruiting the proper neuro-motor patterns of the body's kinetic chains needed for the exercise. All of this means more efficiency for our runners in terms of their running stride mechanics, foot strike explosiveness alongside a more improved fuel system. We have also found that our athletes are getting injured far less frequently when they are working hard in the gym. At the end of the day the athletes that we have in Snow Creek are trying to run faster and farther, and without a doubt, the work that we do in the gym has helped them to achieve these goals.”

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WORDS FROM THE TEAM:

Deena Kastor, Olympic Bronze Medalist in the Marathon, World and American Record Holder adds the significance of strength training.

“Team Running USA uses Snowcreek 6 days a week and our strength routine in the gym is essential to our overall performances. Snowcreek Athletic Club is a first Class facility to help make sure we are world class athletes during this Olympic year. There is not much difference in the running workouts our team does compared to the rest of elite distance runners; what sets us on top of the others is our dedication to strength and core work. We are all very grateful that the club has remained here in Mammoth Lakes and has gotten some TLC. Snowcreek is not only where we get our edge, but it is where we stay connected to the community that also workout there.”

Kate O’Neill, 2004 10k Olympian adds,

"I can't think of a better atmosphere for working out. The Mammoth Lakes community is the most fitness-conscious place I've ever visited and the Snowcreek Athletic Club plays an important part in keeping that enthusiasm high."

"Our training covers all the bases - arm weights, leg weights, balance exercises, core strengthening. Snowcreek's facility allows us to do everything we need to do. It's a great place for a total body workout."

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WORDS FROM THE TEAM:

Jen Rhines, 2 Time Olympian, 2 Time National Champion and World Champion emphasizes the key workouts.

“As an elite athlete, strength & flexibility training are essential parts of the daily routine. I spend up to 2 hours a day/ 6 days a week at Snowcreek Athletic Club working on this part of my training regime. I am very fortunate to have access to such a great facility. The combination of free weights, resistance machines and cardio equipment fulfill all my needs in pursuit of my goal to make the next Olympic team.

Thanks Snowcreek!!!”

Sarah Hall 1500 meter specialist and 4-time National Champion keeps a good perspective.

“Snowcreek has not only provided the equipment and facilities to keep us strong and healthy, but provided a meeting place to connect with the athletic community in Mammoth as well as our team running USA members. It is where we sweat and visualize as well as talk and laugh in the hours that make ‘training’ such a joy!”

COME SEE THE RUNNERS TRAIN AT
SNOWCREEK!