

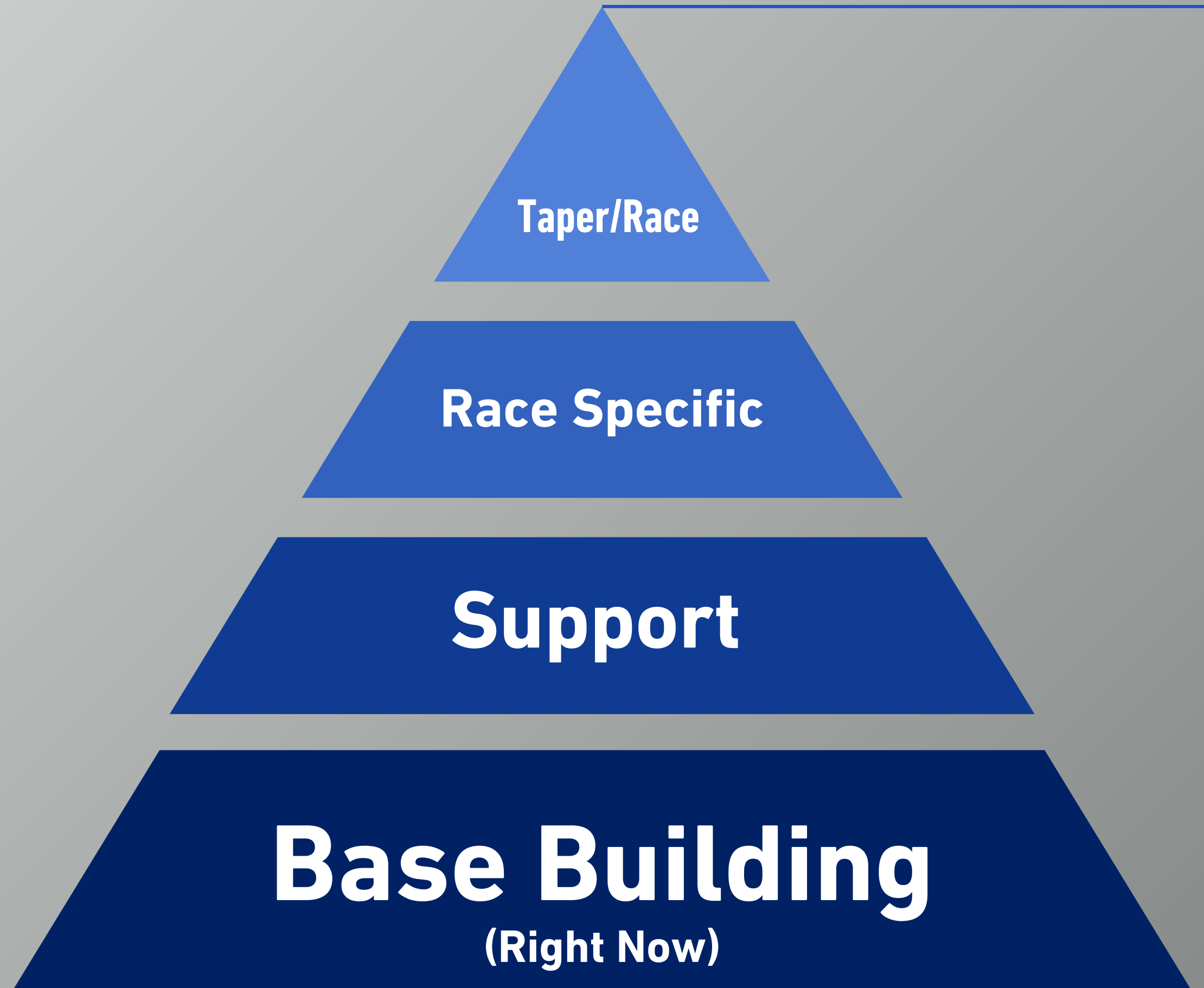
Planning a Successful Winter

Coach Jacob Oak





STAGES OF RUN TRAINING





Jacob Oak

Injury Prevention & Performance

Noteable Items

- NASM - CPT, CNC, CES
- USATF - Track & Field Coach
- Run DNA - Gait Analyst
- Bigger than the Trail
- Grambassador
- Community >

Mission

- Create a safe community for endurance athletes to discover their why and build sustainable connections





This Winter

01
Reflection

02
Recovery

03
Weight Room

04
Running

05
Winter Safety





Reflection

“Reflection is one of the most underused yet powerful tools for success.” - Richard Carlson

- **What went well?**
- **Was there enjoyment?**
- **Who was in your Community?**
- **Were you prepared?**
- **Improvement for next year?**





Recovery

Is over training even possible? #Boldtake

- **Stress is Stress**
- **High Cortisol | Fight or Flight**
- **Nutrition | Alcohol is Poison**
- **Hydration | LMNT**
- **Sleep | 7-9 Hours**

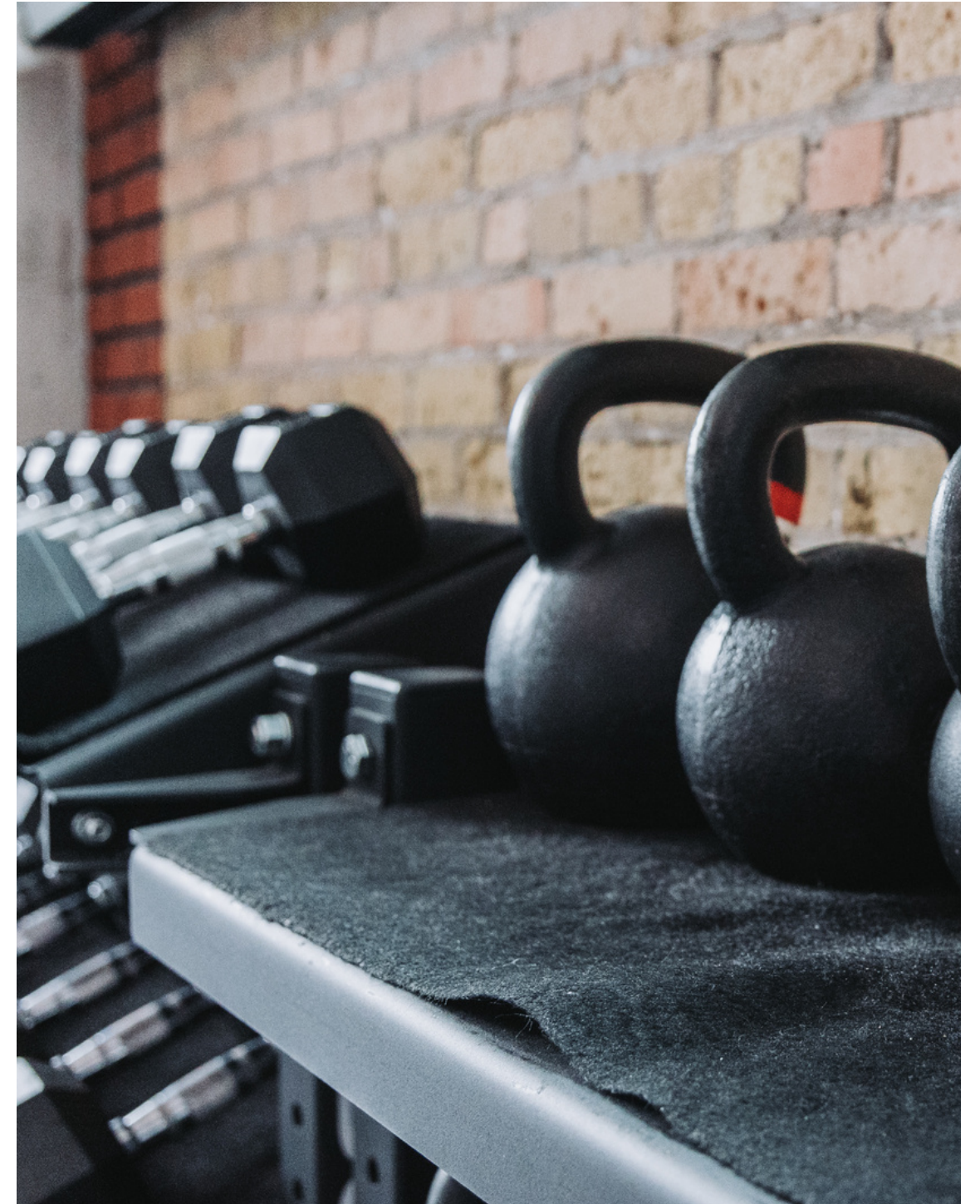




Weight Room

*Don't be afraid. We are all in this together.
Push, Pull, Squat, Bend, Hinge, Twist, Gait*

- **2-3x per week**
- **2:1 ratio | leg/core:upper body**
- **4-5 sets x <8 reps**
- **90+ second rests**
- **60 minute sessions**
- **More heavy and explosive lifts**





Running

The only thing scarier than marathon training is chronic marathon training

- Don't start where you ended
- Frequency & Intensity up
- 80/20 Rule
- Sprint Drills (hills, wickets, strides)
- Form Exercises (A and B skips)
- Be careful with long runs



HOW TO RUN STRIDES



SR STRENGTHRUNNING

www.strengthrunning.com



This Slide is an Ad

"If you want to go fast, go alone. If you want to go far, go together." - Nick Bare





Tips for Safety This Winter

Coach Jacob Oak

1

SPIKED SHOES

Ice Bugs, Yak Trax, Due North, etc.

2

PROPER CLOTHING

Winter tights, base layer, wind breaker, winter coat neck wear, balaclava, goggles, etc.

3

AVOID SUB 0 TEMPS

Come up with an educated guess based on your research.

4

GROUP RUNNING

PRG, Gear, Mill City, friends, etc.

5

SKIP THE RUN

You heard me.





“We get to do this.”

Thank You

**Questions
Comments
Concerns
Desires
Wants**



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Resources



- [Run Elite](#) | Andrew Snow | 2023
- [When Is It Too Cold to Run Outside?](#) | Corrine Malcolm | 2022
- [How Cold Is Too Cold to Run Outside? We Have Your Questions Covered](#) | Page Triola | 2023
- [Runing is a Stressor: Understanding Running and Cortisol](#) | Rachael Hartley | 2019
- [How Much Sleep Does an Elite Athlete Need?](#) | Charli Sargent, Michele Lastella, Shona L. Halson, and Gregory D. Roach | 2021
- National Academy of Sports Medicine
- www.strengthrunning.com

