

## Why is Strength Training Important For Runners?

Stronger muscles generate more force, enhancing propulsion and forward momentum. This means you can run faster and cover more distance with less effort!





## Stretch-Shortening Cycle and Running Efficiency

The Stretch-Shortening Cycle (SSC) helps muscles and tendons store and release elastic energy efficiently. Flywheel training maximizes this cycle, leading to improved movement efficiency and power output.

More SSC efficiency = better running economy!

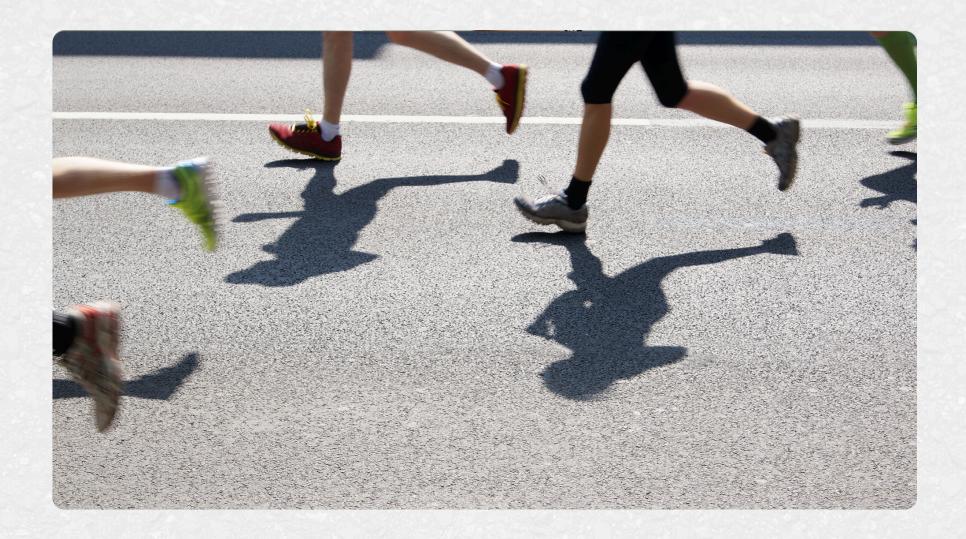




# Flywheel Training vs. Traditional Training - What's the Difference?

Flywheel Resistance Training (FRT) offers continuous tension with no rest, unlike Traditional Resistance Training (TRT). This means better eccentric-concentric coupling and improved muscle-tendon efficiency.





### **Key Benefits For Runners**

- Strength & Power
- SSC Utilization
- Running economy & metabolic effect
- Low-impact training





# Visit our link in bio, to read the full blog.

