



# TRAINING GUIDE

## ***Muscle Running™***

written by the ANTEPES™ Fitness Team | Disclaimer: We hold no responsibility for injury. These guides are based on our experience as former certified NFHS coaches and collegiate athletes. Please check with your doctor before engaging in physical activity.



# ***STRETCH TOWARDS GAINS***

Stretching is an often-overlooked aspect of training to gain. Whether an athlete is attempting to build an impressive physique or working on developing more explosiveness for sport, stretching allows an athlete to really increase their ability and performance.

## ***TYPES OF STRETCHING***

**Static:** Typically done before a workout, there are now suggestions that an athlete warmup for 2-3 minutes before stretching. Find what works best for you.

**Dynamic:** a light jog, jumping jacks, move before taking a cold muscle and stretching it with static positions.



# THE POWER OF PLANES

Every sport utilizes core muscles. To maximize training it's important to target the underutilized muscle groups to prevent injury and overuse. Every sport operates in every plane, but some planes are more important in specific sports.

## PLANES

**Vertical | Lateral | Forward | Backward**

Antepes Running Shoes intentionally keep an athlete in a forefoot to midfoot position. This allows the activation of quick twitch fibers and better response times. This is often mistaken for "running on your toes". Toe splay is important for pushing off, but power in all planes comes from planting and forefoot force.



# SPORT-SPECIFIC

Muscle Running is essentially sprint engineering. Most running programs cater to distance running (couch to 5K). While jogging is a fine sport, muscle running builds endurance and strength. All sports require multi-directional movement. Muscle Running targets all planes. The 30 Drills & Skills Program can be broken down to benefit specific sport performance.

*Muscle Running Training Programs benefit the wheel of sport:*

Basketball

Football

Volleyball

Soccer

Track & Field

Racket Sports

