

EXERFLY

The Power of  
**Flywheel  
Resistance  
Training** for  
**Endurance  
Runners**



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## 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! 🏃💨



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## **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!**



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## **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.



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## **Key Benefits For Runners**

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





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