Abstract

Name: Strength Training for Parkour and Freerunning Athletes

Goal: The main goal of this thesis was to draw attention to the concept of parkour/freerunning preparation system as well as training and create a comprehensive overview of the exercises a practitioner can use to improve performance and minimize the chances of injury.

Methods: In this work, I used the secondary research method. The source of the information used in this project include data available on the internet and in public libraries. Data available on the internet include videos, public records, and reports by Universities. Data collected from public libraries include books regarding athletics, strength training, parkour, gymnastics, and coaching.

Results: The result of this research was a detailed description of the parkour preparation system. Specifically, data showed that physiological, psychological and technical preparation are equally important for the development of a parkour practitioner. It was also realized that every athlete should go through a series of assessments in order for the coach to create an appropriate base conditioning or specificity phase training program. Lastly, the data showed that any athlete can develop his overall strength by performing ground-based movement and progressively working up to low and then high obstacle training.

Keywords: Parkour, Freerunning, Strength Training, Parkour Training, Plyometrics