

Strength Training for Duathlon
Maximum Strength (MS) Phase
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Purpose: Improve strength reserve and develop maximum force capabilities of muscles and tendons by improving neuromuscular recruitment patterns. In later phases this will be converted to muscular endurance and power.

Frequency: 2-3 times per week.

Equipment: Either free weights or machines. Free weights preferable.

Load/Resistance: 85-95% of 1RM or the greatest load possible for 3-6 reps per set. If using a 1RM percentage check 1RM every month for each exercise. It's OK to initially estimate loads and then adjust them as you progress, but start very conservatively. Increase resistance carefully in the first 3-4 sessions of maximum strength. Following that you should be able to increase loads by about 5% every 4-5 workouts.

Sets: 2-6 **Reps:** 3-6 **Recovery between sets:** 2-4 minutes.

Important: During recoveries stretch muscle group just worked before starting next exercise.

Speed: Slow to moderate emphasizing form.

Progression: Complete all sets of each exercise or paired exercises before starting second exercise or pair of exercises. The first set of each exercise is the lightest. When you can complete all sets at 6 reps, increase load.

Exercises: In order of completion...

1. Hip extension (squat, step-up, lunge or leg press)
2. Seated row (pull bar to stomach and straighten back)
3. Personal weakness of your choice (20-30 reps with light load: hamstring curls, knee extension, or heel raises)
4. Upper body of your choice (20-30 reps with light load: lats, biceps curls, lat pull ups, push-ups or bench press)
5. Crunches/abs (your choice of type, 20-30 reps with light load)

Phase Length: 3-6 weeks.

Warm-Up & Cool Down: Warm-up on stationary bike/trainer or by running easily for 5-10 minutes. Cool down for 5-10 minutes spinning at 90+ rpm in light gear/resistance. Do not run following this workout.

