

Strength Training for Road Racing
Maximum Strength Transition (MT) Phase
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Purpose: Transition from light loads and high reps of the AA phase to the heavy loads and low reps of the MS phase.

Frequency: 2-3 times per week. **Phase Length:** 2 weeks.

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

Load/Resistance: Use loads that allow only 10-15 reps. Increase resistance carefully each week.

Sets: 3-4 **Reps:** 10-15 **Recovery between sets:** 1.5-3 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 before starting second exercise. The first set of each exercise is the lightest.

Warm-Up: Warm-up aerobically such as on a stationary bike/trainer or jumping rope easily for 5-10 minutes.

Exercises: In order of completion:

1. Hip extension (squat, step-up, or leg press)
2. Seated row
3. Personal weakness (knee extension or hamstring curl—20-30 reps with light load as in AA phase. Can do both of these exercises.)
4. Lat pull down
5. Crunches/abdominals (choice of exercise, 20-30 reps with light load).
NOTE: These may be done on an incline board playing "medicine ball catch" with a standing partner. Or do them on the floor with both partners doing crunches and playing medicine ball catch at the same time.

Cool Down: Cool down for 5-10 minutes spinning at 90+ rpm in light gear/resistance.