

## Strength Training for Duathlon

Power Endurance (PE) Phase

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**Purpose:** Develop greater sport-specific strength by emphasizing the combination of speed and force.

**Frequency:** 2 times per week.

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

**Load/Resistance:** 40-60% of 1RM or the greatest load possible for 15-30 reps per set. It's OK to initially estimate loads and then adjust them as you progress, but start conservatively.

**Sets:** 2-4    **Reps:** 8-15    **Recovery between sets:** 3-5 minutes.

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

**Speed:** Concentric movements (ascending) are fast, but under control. Eccentric (descending) are slower.

**Progression:** Complete all sets of each exercise or pair of exercises before starting second exercise or pair of exercises. The first set of each exercise is the lightest.

**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, by running easily for 5-10 minutes, or by doing a plyometrics session. Cool down for 5-10 minutes spinning at 90+ rpm in light gear/resistance. Do not run following this workout.