

## Strength Training for Triathlon

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 (note the exceptions below under "Exercises"). It's OK to initially estimate loads and then adjust them as you progress, but start conservatively. Should be able to increase loads by about 5% every 4-5 workouts.

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

<p><b>Important:</b> During recoveries stretch muscle group just worked before starting next exercise.</p>
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**Speed:** Concentric movements (ascending) are fast, but under control. Eccentric (descending) are slower.

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

**Exercises:** In order of completion...

1. Hip extension (squat, step-up, or leg press)
2. Seated row
3. Crunches/abdominals ( choice of exercise, 20-30 reps with light load)
4. Personal weakness (hamstring curl or knee extension, 20-30 reps with light load)
5. Standing straight-arm lat pull down

**Phase Length:** 2-6 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 immediately following this workout.