

Strength Training for Duathlon
Strength Maintenance (SM) Phase
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Purpose: Maintain muscular strength.

Frequency: 1 time per week.

Equipment: Either free weights or machines.

Load/Resistance: First set at about 60% of 1RM (moderate load). Second set is about 85-90% of 1RM. This should be the heaviest load possible for 6-12 reps. If you can easily do 12 reps on second set, add more weight. It's OK to initially estimate loads and then adjust them as you progress, but start conservatively

Sets: 2

Reps: 6-12 (12 on first set. These will seem easy. Second set is 6-12 at a maximum effort.)

Recovery between sets: 1-2 minutes.

<p>Important: During recoveries stretch muscle group just worked before starting next exercise.</p>
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Speed: Slow-Moderate.

Progression: Do all three sets of each exercise before progressing to the next.

Exercises: In order of completion (leg exercises may be omitted)...

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+ 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.