

**Strength Training for Duathlon**  
Muscular Endurance (ME) Phase  
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**Purpose:** Develop a muscular endurance reserve in order to cope with fatigue by increasing capillary density and the number and size of mitochondria.

**Frequency:** 1-2 times per week.

**Equipment:** Either free weights or machines. Can be done as a circuit training workout.

**Load/Resistance:** 30-50% of 1RM or the greatest load possible for 40-60 reps per set. 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:** 1-2

**Reps:** 40-60      **Recovery between sets:** 1-2 minutes.

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

**Speed:** Moderate.

**Progression:** Complete one set of each exercise in order (exercise 1, then 2, etc) before starting second set. Can be done as circuit training. When you can complete 3 sets of 60 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.

