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.