

**Strength Training for Duathlon**  
Maximum Strength Transition (MT) Phase  
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**Purpose:** Transition from light loads and high reps of the AA phase to the heavy loads and low reps of the MS phase.

**Frequency:** 2-3 times per week. **Phase Length:** 2 weeks.

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

**Load/Resistance:** Use loads that allow only 10-15 reps. Increase resistance carefully each week.

**Sets:** 3-4 **Reps:** 10-15 **Recovery between sets:** 1.5-3 minutes.

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

**Speed:** Slow to moderate emphasizing form.

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

**Warm-Up:** Warm-up aerobically such as on a stationary bike/trainer or jumping rope easily for 5-10 minutes.

**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/abdominals (choice of exercise, 20-30 reps with light load).  
NOTE: These may be done on an incline board playing "medicine ball catch" with a standing partner. Or do them on the floor with both partners doing crunches and playing medicine ball catch at the same time.

**Cool Down:** Cool down for 5-10 minutes spinning at 90+ rpm in light gear/resistance.