

Strength Training for Triathlon
Anatomical Adaptation (AA) Phase
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Purpose: Adapt general body muscles and tendons to the stresses of strength training in preparation for the greater loading of the Maximum Strength (MS) phase to follow.

Frequency: 2-3 times per week.

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

Load/Resistance: 40-60% of 1RM or the greatest load possible for 20-30 reps per set (exception is dead lift for which you start lighter than possible and build during several weeks.)

Sets: 3-5

Reps: 20-30

Recovery between sets: 60-90 seconds.

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

Speed: Slow to moderate emphasizing perfect form

Progression: Complete one set of each exercise in order (1, 2, 3, etc) before starting second set. This can be done quite effectively as a circuit training workout using machines. The first set every workout is the lightest. When you can complete 3 sets of 30 reps, increase load.

Exercises: In order of completion (this is the most exercises of the year)...

1. Hip extension (squat, step-up, or leg press)
2. Standing straight arm lat pull down
3. Hip extension (different one from #1) **OR** Dead lift

Important: Your back is fragile. On dead lifts...

1. Wear a belt.
2. Start lighter than possible both initially and every day.
3. Look up and maintain good form.

4. Chest press, **OR** dips, **OR** push-ups.
5. Seated row
6. Personal weakness (hamstring curls or knee extensions)

7. Crunches/abdominals

Phase Length: 4-8 weeks.

Warm-Up & Cool Down: Warm-up aerobically (rowing, 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.