



Continuous Strength Training For Endurance Athletes

Phase 1 – Preparation

Goals:

1. Condition the muscle fibre and soft tissues at the myotendinous junction (where muscle and tendon connect).
2. Prepare the body to perform eccentric, stabilization, and concentric phases of movement (varying types of strength tasks).
3. Enhance range of motion through multiple joints and tissues.
4. Enhance the neuromuscular system's ability to maintain a stable working posture on a changing base of support (balance).
5. Prepare the body's systems for increased demands/loads that will be applied in the Muscular Endurance Stage (Phase 2).

It's important to remember that endurance training is repetitive and mechanical by nature. Throughout the course of an athlete's season there's an accumulation of thousands upon thousands of individual repetitions in a limited range of motion occurring in one plane. This can lead to repetitive strain injuries. Therefore, if we 'over work' the muscles at a low frequency, we make them stronger and able to take the continuous hits.

Rules – Systematic progression of no more than 5%. Move from double leg to single when comfortable. Focus on hip and trunk area. 3 sets of 6-10 repetitions twice a week is plenty.

1. Reverse Lunge



From a standing position, step back and lower to a split squat, then drive the rear leg up to a high knee position and hold for 2 seconds. Engage the glutes and keep stable.

2. Opposite Arm & Leg Extension w/ Abduction



From all fours, extend, hold for one second then abduct, hold this for one second too.

3. Seated Row (Cable Preferred)



Try to keep your back straight, it looks like Michael is leaning back here!

4. Crab Walk



Adopt a squat position, the without gaining height, step to one side, bring feet together then step wide again.

5. Plank w/ Abduction Of The Leg



Take up a plank position, extend one leg out to the side, return to centre, repeat on the same leg.

6. Single Arm Chest Press On Ball



Lay back on the swiss ball so you form a flat 'table top' with your torso, then press the weight above your head, level with the shoulder.

7. Back Arches



Lay flat with your arms and leg extended, like a star, then arch the back, lifting the arms and legs clear of the ground.

8. Single Leg "V-Up"



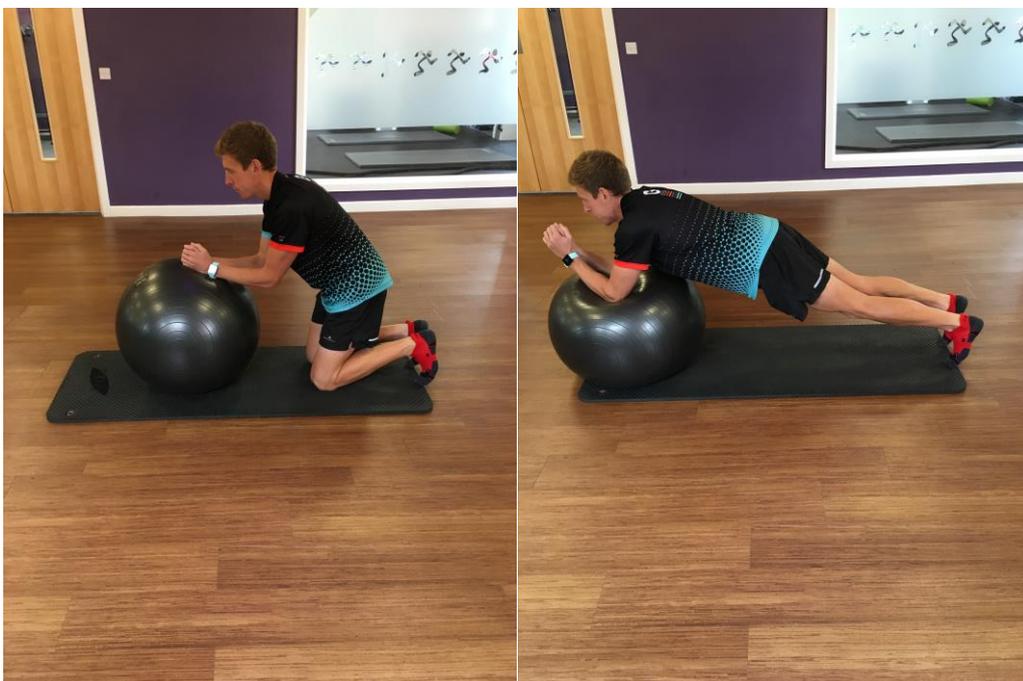
Flat on your back, arms and legs extended, sit yourself up, lifting one leg too. Tap the opposite arm against the shin of that leg.

9. Plank w/ Arm Off



Take up a plank position, keeping the core stable and engaged, extend one arm out in front, hold for one second, return then repeat with the opposite arm.

10. Roll Out On Swiss Ball



Roll onto the ball, ensuring only the elbows touch the ball, don't lean your chest or stomach on the ball.

11. Alternate Leg Off On Swiss Ball



Tough one. Form the 'table top' position on the ball, extend one leg, return and repeat on the other leg.

12. Glute Side Raise



From all fours, raise one leg to the side, engaging the glutes, make sure your knee and foot are at the same height (imagine you want to balance a tray flat on the extended leg). Pinch and hold for 2 seconds at the top. Repeat on the same side.

13. Glute Straight Leg Rotation



Same start position as above, extend the leg out straight behind before rotating it around to touch the floor at your side (try to fight the dropping of the leg) this is what work the glutes. Return and repeat on the same side.

14. Glute Mule Kick



Same start position as the two exercise above, extend the leg straight out behind, pinch the glutes and hamstrings, point the toes. Return and repeat on the same side.

15. Hip Bridge



Lying flat with legs bent, push the hips towards the ceiling and pinch the glutes at the top.