



Continuous Strength Training For Endurance Athletes

Phase 2 – Muscular Endurance

Goals:

1. Increasing the total volume of work of muscles, which increases cellular mitochondrial density, thereby improving economy and work capacity (riding your bike for longer increases the volume of mitochondria and increases endurance in the leg muscles).
2. Improved rate of force development (RFD) by introducing low-level reactive training loads. This makes an athlete more effective in the water, on the bike and when running because they are able to produce more force at a higher rate of speed.
3. Further promote stability and range of motion at the joints and tissues that affect the joints, thereby decreasing the incidence of force leaks or power leaks which occur as a result of inappropriate movement at the joints (e.g., keeping the ankle joint stable during running decreasing over pronation; or preventing the hips dropping while you run).

Rules – Loads between 60-80% of maximum load (2 reps). Do not let the introduction of weights detract from good form. 3-4 sets of 10-20 reps twice a week.

1. Stationary Double Hops

Simply stand on the spot, feet slightly narrower than shoulder width, with soft but not bent knees gently bounce up and down on the forefeet. Gain height slightly but keep controlled and never jump.

2. Back Squat



Be sure that the knees do not collapse inward, push with the quads, glutes and hamstrings.

3. Single-Leg Squat And Row w/ Cable



Allow the weight of the cable machine to counterbalance your bodyweight. Extend the leg, row the cable back straight then return to standing, repeat.

4. Chest Fly w/ Cable



Draw the cables in with the chest, not the arms.

5. Plank Reps



From a totally relaxed position, engage the body to form the plank, hold the pose for 3 seconds before relaxing, repeat.

6. Lateral Power Box Reps



Push off with one leg, powering onto the box using the arms for driving up.

7. High To Low Cable Lift (Half Kneel)



Use the trunk to pull the cable down, rotating.

8. Low To High Cable Chop (Half Kneel)



As per the above exercise nut in reverse.

9. Med Ball Balance Abduction



Raise the feet off the ground. Press the ball above your head, return to chest, twist the trunk to the side, press the ball out again, return. Repeat this on the other side.

10. Lat Pull Down



Ensure you draw the weight down using your back muscles, pinch the shoulder blades together.

11. Kettle-Bell Step Ups



Make sure the knee is aligned with the foot and hip. Drive up with the glutes, don't let the knee collapse inwards.

12. Walking Lunge w/ Dumbbells



Walk forward, ensure the foot is placed before starting the lunge. Keep your back straight and don't let knee fall over the front foot. Drive up before walking forward again.