



## Continuous Strength Training For Endurance Athletes

### Phase 4 – Maintenance

#### Goals:

1. Reduce some of the more intense and demanding loads of the program when an athlete is within a period of high training volume (increasing easy run and bike miles).
2. Return to athleticism with more dynamic loads. Often endurance athletes lose much of their fine motor skill and ability to integrate complex patterns. Work more on plyometrics to keep the muscles firing.

Rules – Cycle through previous exercises (the ones you enjoyed) doing a mix of exercises from the previous 3 stages (don't do stage 3 max strength exercises if you have a race coming up soon). Stick to the same repetitions as in the original exercises. Keeping up the strength aspect throughout the whole season is crucial, if you don't use it you lose it. Keeping up all aspects of the program will ensure you don't leave yourself with DOMS when introducing longer bike and run sessions.

Include some of the plyometric exercises below too.

#### 1. Box Jumps

As per phase 3.

#### 2. Double Box Jumps

Stand with legs either side of a step up box (between 30-50cm high). Jump up, meeting the feet together, landing on the box. Jump off, returning to the start position.

#### 3. Split Squat Jump Switch

Adopt a split squat position, drive up in the air, switch the front and back leg and land in the split squat position. Make sure you are balanced again before repeating.

#### 4. Plank To Double Leg Abduction

From a plank, jump the legs out wide, pushing off with the toes (make sure you have your trainers on). Jump back to the start position as soon as the land, repeat.

#### 5. Press Up Claps

Get into a straight arm press up position, lower the chest to the ground before explosive push up, clapping the hands. If you would like to do this with knees on the ground that's fine.

#### 6. Hops

Balance on one leg with your bodyweight on the forefoot. Hop forwards and back about 15cm, switch to side to side after the first set.

#### 7. Single Leg Jump

Balance on one leg, lower the body towards the ground by bending the standing leg. Drive up powerfully into the air, land with soft knees. Ensure you have regained your balance before repeating.

#### 8. Sit-Up To Chest Pass Med Ball

Lay on your back with the medicine ball on your chest. Sit up quickly and chest pass the ball hard against a wall or to a partner, gather the ball and repeat.