Strength Training for Triathlon
Anatomical Adaptation (AA) Phase
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**Purpose:** Adapting 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.

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.