



**IMPLEMENTING A STRENGTH PROGRAM
INTO YOUR TRIATHLON TRAINING**
Provided by Bob Seebohar – www.teamemc.com
and www.USATriathlonTraining.com

Implementing a strength training program can be quite confusing, especially when factoring in proper swim, bike and run training. It is important to remember that strength training supports triathlon training. The following is a sample of how to periodize the strength training progression presented in this DVD.

As a reminder, a complete Sprint Triathlon Training Plan is available in volume 1 of this series. If you have any questions, please feel free to contact us:

info@usatriathlontraining.com

MEDICAL DISCLAIMER

The creators, producers, and distributors of this program disclaim any liabilities in connection with the information and advice provided herein. Not all exercises are suitable for everyone, and this or any other exercise program may result in injury or death. Any user of this exercise program assumes the risk of injury resulting from performing the exercises.

Consult a physician before beginning this or any other exercise program.

Keep in mind that there are many variables and factors involved with designing a strength program specifically suited for you, thus it is recommended to seek the guidance of a triathlon or strength coach if you have questions on how to implement strength training based on your imbalances, strengths, weaknesses, years in sport and training cycle.

* Of course, because each triathlete comes from different sport backgrounds with different limitations and imbalances, a mix of these strength training cycles can be implemented based on an athlete's individual needs and goals.

Sample Plan:

Functional: 8-12 weeks

This cycle is best to start in the transition, or off-season, cycle and can be combined with the other strength training cycles concurrently. Because it provides foundational strength with low intensity, it is ideal to get the body ready before the preparatory (base) season begins. This is the foundation of all training and *should not be skipped*. It can be used in the very early base season also.

Endurance: early cycle: 4-6 weeks

This cycle can be implemented early in the base training cycle.

Endurance: late cycle: minimum of 4 weeks

This cycle can be introduced as you progress through your base training and can be used around the middle of your base cycle.

Sub-maximal strength: 4-6 week blocks

This cycle can be problematic for some athletes as it may increase the physical stress on the body. It is ideal to begin this in the later stages of base training to get the body ready for the higher physical demand that will be placed on it during the build and intensity cycle. At least one, 4-week cycle should be implemented and up to three can be the maximum. This may progress into your intensity/build training cycle and if it does, care should be taken to not do too much of this while increasing volume and intensity of swim, bike and run training due to the increased muscle soreness acquired from the sub-maximal strength training.

Plyometrics + functional: 2-3 week blocks

This cycle is ideal to go through 2-3 phases throughout your intensity/ build training. Plyometrics are very explosive in nature and will support higher intensity swim, bike and run training very well. Because there is a high physical stress with plyometrics, they should be placed strategically in your intensity/build cycle so they do not compromise other training.

Endurance: late cycle + functional: during race season; 1-3 times per week

I recommend all triathletes maintain some type of strength training during the race season. Once your competitions begin, implement these forms of strength training to maintain functional strength.