

Strength Training Guidelines
(Summarized from Chapter 13- Triathlete's Training Bible)

Phase	Load	Weeks	Wkouts Per Week	Sets	Reps	Speed	Recov Time	Function
Anatomical Adaptation (AA)	Light (40-60% 1RM)	4	2-3	3-5	20-30	Mod.	60-90 Sec.	Prepares muscles & connective tissue for greater loads.
Max Strength (MS)	Heavy (BW Goal)*†	4	2	3-6*	3-6*	Slow*	2-4 Min.*	Improves force generation
Power Endurance (PE)	Moderate (40-60% 1RM)	4	1-2	2-3	8-15*	Fast*	3-5 Min.*	Develop capacity to recruit most fibers for a movement and maintain their use at high power output.
Muscular Endurance (ME)	Light (30-50% 1RM)*	4-8	1	1-3*	40-60*	Mod.*	1-2 Min.*	Extend the ability to manage fatigue at high load by increasing capillary density and number and size of mitochondria.
Strength Maintenance (SM)	Moderate/ Heavy 60% (80% last set)*	Indefinite	1	2-3*	6-12*	Mod.*	1-2 Min.*	Maintains strength established in previous phases, while hills, intervals and other workouts maintain power and endurance.

* Only exercises in bold (see exercise chart) follow this guideline. All others in chart follow AA guidelines.

† 1RM= the maximum weight you can lift for a single repetition. See below for guideline for estimating your 1RM.

Exercises	
Phase	Exercises (in order of routine)
Anatomical Adaptation (AA)	<ol style="list-style-type: none"> 1. Hip Extension (squat, leg press or step up) 2. Standing bent arm, lateral pull down 3. Hip Extension (other than #1) 4. Chest Press or push ups 5. Seated Row 6. Personal Weakness (hamstring curl, leg extension or heel raise) 7. Abdominals with twist
Max Strength (MS)	<ol style="list-style-type: none"> 1. Hip Extension (squat, leg press or step up) 2. Seated Row 3. Abdominals with twist 4. Personal Weakness (hamstring curl, leg extension or heel raise) 5. Standing bent arm, lateral pull down
Power Endurance (PE)	<ol style="list-style-type: none"> 1. Hip Extension (squat, leg press or step up) 2. Seated Row 3. Abdominals with twist 4. Personal Weakness (hamstring curl, leg extension or heel raise) 5. Standing bent arm, lateral pull down
Muscular Endurance (ME)	<ol style="list-style-type: none"> 1. Hip Extension (squat, leg press or step up) 2. Seated Row 3. Abdominals with twist 4. Personal Weakness (hamstring curl, leg extension or heel raise) 5. Standing bent arm, lateral pull down

Load Guideline

1RM

The expression 1RM refers to the maximum weight you can lift for one repetition. The safest way to establish this load level is to estimate it by doing the following:

- Do a 10 rep warm up set with light weight.
- Select a weight you can lift for at least 4 but not more than 10 reps. If you have to “experiment” to find this weight, take at least a five minute recovery between each set.
- To find your estimated 1RM, divide the weight lifted by the factor below, that corresponds to the reps completed:

Repetitions Factor

4
0.917
5
0.889
6
0.861
7
0.833
8
0.805
9
0.778
10
0.750

Body Weight Goals

The goal weight is calculated by multiplying your body weight

Strength Maintenance (SM)	<ol style="list-style-type: none">1. Hip Extension (squat, leg press or step up)2. Seated Row3. Abdominals with twist4. Personal Weakness (hamstring curl, leg extension or heel raise)5. Standing bent arm, lateral pull down	
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