


The 
Ultimate Guide to
**WEIGHT
TRAINING**
for
TRIATHLON

second edition



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CONTENTS

Part I	TRIATHLON SPECIFIC TRAINING	
	Introduction	9
	Off-season Program.....	14
	In-season Program	17
Part II	GETTING STARTED	33
	Warming Up.....	35
	Cooling Down.....	36
	Abs	37
	Stretching	45
	Proper Form.....	51
	Proper Breathing	52
Part III	RECOMMENDED EXERCISES.....	53
	Substituting Similar Exercises	55
	Chest Exercises	55
	Back (Lats) Exercises	62
	Shoulders Exercises	68
	Triceps Exercises	78
	Biceps/Forearms Exercises.....	83
	Legs Exercises.....	89
Part IV	THE NECESSITIES	97
	Perfecting Your Technique	99
	Estimating Your One-Rep Max	100
	The Different Folks, Different Strokes Principle	107
	Overtraining and Staleness	108
	The Declaration of Variation	110
	Muscle Fibers	112
	Training Techniques	114
	When to Increase.....	117

Safety Reminders	124
Record Keeping	126
Test Yourself	129
Conclusion	129

Part V SUPPLEMENTAL 4-WEEK PROGRAMS131

Endurance/Stamina/Fat-burning Programs	133
General Fitness/Power Programs.....	147
Strength Programs	161

Part I



Triathlon Specific Training

*With Weight Training, Knowledge is the
Key to Success*

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Triathlon*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round triathlon-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

The true importance of this book lies in the triathlon-specific program in the front of the book. It was created for one reason and one reason only; to improve your potential in the triathlon. It does this by increasing your strength, power, endurance, and flexibility in the parts of your body that are most important for the triathlon. The program was designed to supply you with the advantage you will need to outperform your opponents. By following the program, you will build your muscles with strength, endurance, power, and stamina. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.

This book does not teach you how to perform specific movements. It does not show you the best strategies to perfect your technique, nor does it give you any tips to improve your specific skills. This book does, however, provide you with the best methods, program, and strategies available to physically improve your body and maximize your potential in the triathlon!

OFF-SEASON TRAINING

The off-season is the time in any sport to build up your muscles, become more powerful, and increase muscular endurance. The off-season program consists of four 4-week routines cycled together to maximize both muscular endurance and explosive power. The first and third routines are designed to build your stamina and muscular endurance, while the second and fourth routines are designed more for power and explosion.



After following the first two 4-week off-season programs, be sure to take one week away from the gym to let your muscles rest and grow stronger before beginning your final two 4-week programs.

Variation is very important to an effective workout program. Varying your routines keeps you making progress and gains. Your body eventually will adapt to any routine it's on, so it is very important to change routines once your gains have stopped and your strength has peaked. Changing programs every four weeks is the most effective time period to follow any one routine. For more information on the importance of variation to weight training, see the section *The Declaration of Variation*.

MUSCULAR ENDURANCE TRAINING

The first and third routines of the off-season cycle are to enhance your muscular endurance. Weight training for muscular endurance differs greatly from strength and power training. Strength training builds up size, bulk, and strength; power training builds explosion, speed, and intensity; and endurance training builds your stamina by enabling your muscles to work longer without fatiguing. Weight training to increase your muscular endurance requires many slow movement repetitions to train and build your slow-twitch muscle fibers, which are responsible for increased endurance and stamina.

The keys to endurance training are as follows:

Low weight, high reps: Proper endurance training calls for lifting light weights many times. Weights that are less than 60% of your one-rep max are ideal. With more repetitions comes increased muscular endurance, or the ability of your muscles to operate at a high level over time. Every additional repetition helps to increase your muscular endurance. Typically, sets involving at least 20 repetitions are considered to be training your muscular endurance.



Log on to www.sportsworkout.com and use an interactive one-rep max calculator to quickly and easily determine your one-rep max for any exercise.

Great form and concentration: While training for any purpose, great form and concentration are a must. Endurance training is no exception. To get the most of your endurance training, you must breathe properly and perform the exercise with smooth, rhythmic lifts.

TRIATHLON TRAINING PROGRAM

The following article has been written by Jayson Hunter, Rd, CSCS.

Initiation Phase (1 month)

Swimming

Mon: Off

Tues: Key workout: beginners swim class

Wed: Practice drills learned in this weeks class for 20 min

Thu: Off

Fri: Practice drills learned in this weeks class for 30 min

Sat: Off

Sun: Practice drills learned in this weeks class for 30 min

Cycling

Mon Off

Tues: 15-20 min of easy spinning

Wed: Off

Thurs: 15-20 min of easy spinning

Fri: Off

Sat: Key workout: 30 min of easy spinning

Sun: Off