



Weight Training for Endurance Athletes

*Presented by Brian Olmstead
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Finger Lakes Running & Tri Co.*

MYTH



Weight training will BULK you up.

BENEFITS

- *Strength Gains*
- *Joint Stabilization*
- *Reduce Risk of Overuse Injuries*
- *Retain, Maintain or Build Bone Mass*
- *Increase the Force Your Body Can Produce*
- *Aid In Weight Loss*

GENERAL TIPS

- *Avoid too much too fast*
- *Listen to your body. If it hurts or feels totally wrong it probably is*
- *Keep a the natural curve in your lower back*
- *Don't lock out joints*
- ***BREATHE!***

GENERAL TERMS

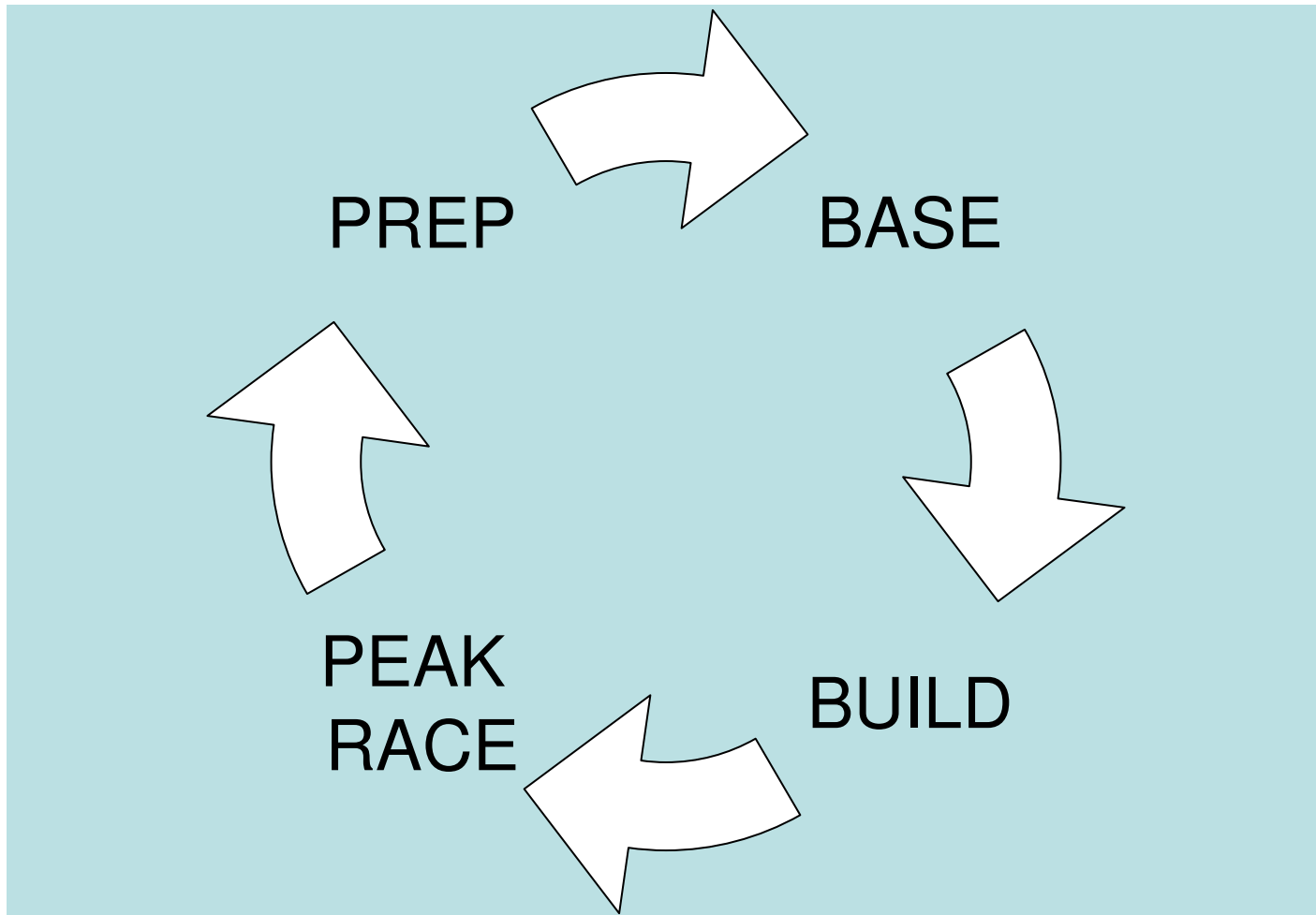
REPS

- The number of times, you complete an exercise
- *5 pushups in a row = 5 reps*

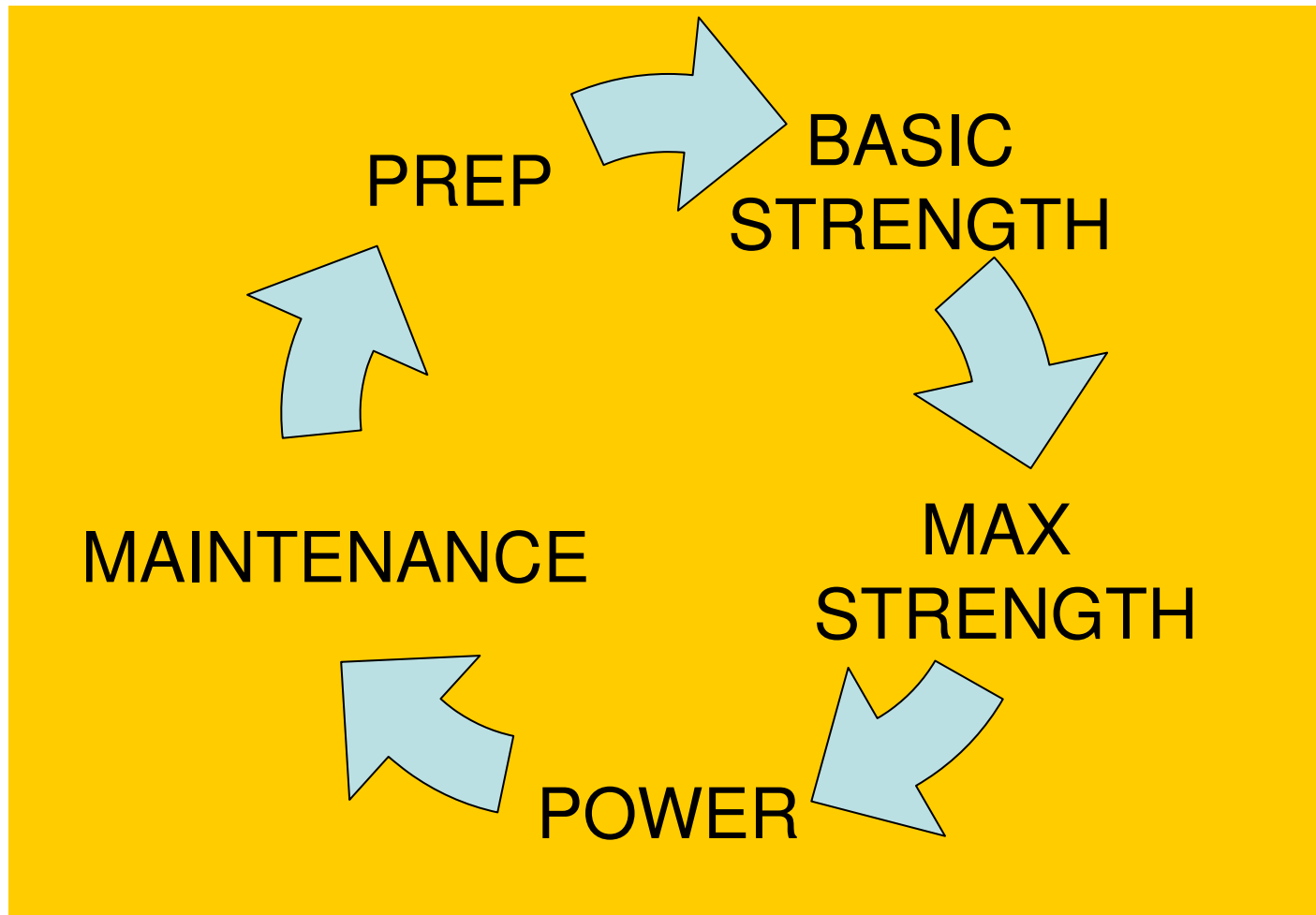
SET

- A group of reps that is followed by a rest period
- *5 pushups in a row + 1 minute rest + 5 more pushups = 2 sets of 5 reps*

PERIODIZATION FOR TRI



PERIODIZATION FOR LIFTING



PREP PHASE

- Phase Goal:
Consistently lift without debilitating muscle soreness
- Start “using it”
- Recruit dormant muscle fibers

SETS: 1, build to 3

REPS: 10-15

WEIGHT: 60% of max

SPEED: Controlled

REST: 1 minute

WORKOUTS PER WEEK: 2

BASIC STRENGTH PHASE

- Phase Goals:
*Build muscle tissue,
workout imbalances*
- Exercises should focus on limiters
- Best to use free weights

SETS: 3

REPS: 10

WEIGHT: 75% of max

(Increase weight each week
maintaining 10 rep sets)

SPEED: Slow (3")

REST: 1 minute

MAX STRENGTH PHASE

- Phase Goals:
Build gain strength
- Use multi-joint exercises focused on main movers
- Best to use machines or weight racks

SETS: 3-5

REPS: 10,8,6,4

WEIGHT: 90-95% of max
(Increase weight each set)

SPEED: Moderate

REST: 2-3 minutes

*Alternate upper/lower

POWER PHASE

- Phase Goals:
Create coordinated explosive strength
- Exercises should be done quickly, but always with proper form
- Drop the ego & the resistance

SETS: 3-4
REPS: 12-20
WEIGHT: 65-75% of max
SPEED: FAST
REST: 2-3 minutes

MAINTENANCE

- Phase Goals:
*Retain strength gains
and apply to sport
specific movements*
- Exercises focus on
limiters then build on
strengths
- Plyometrics

SETS: 2-3

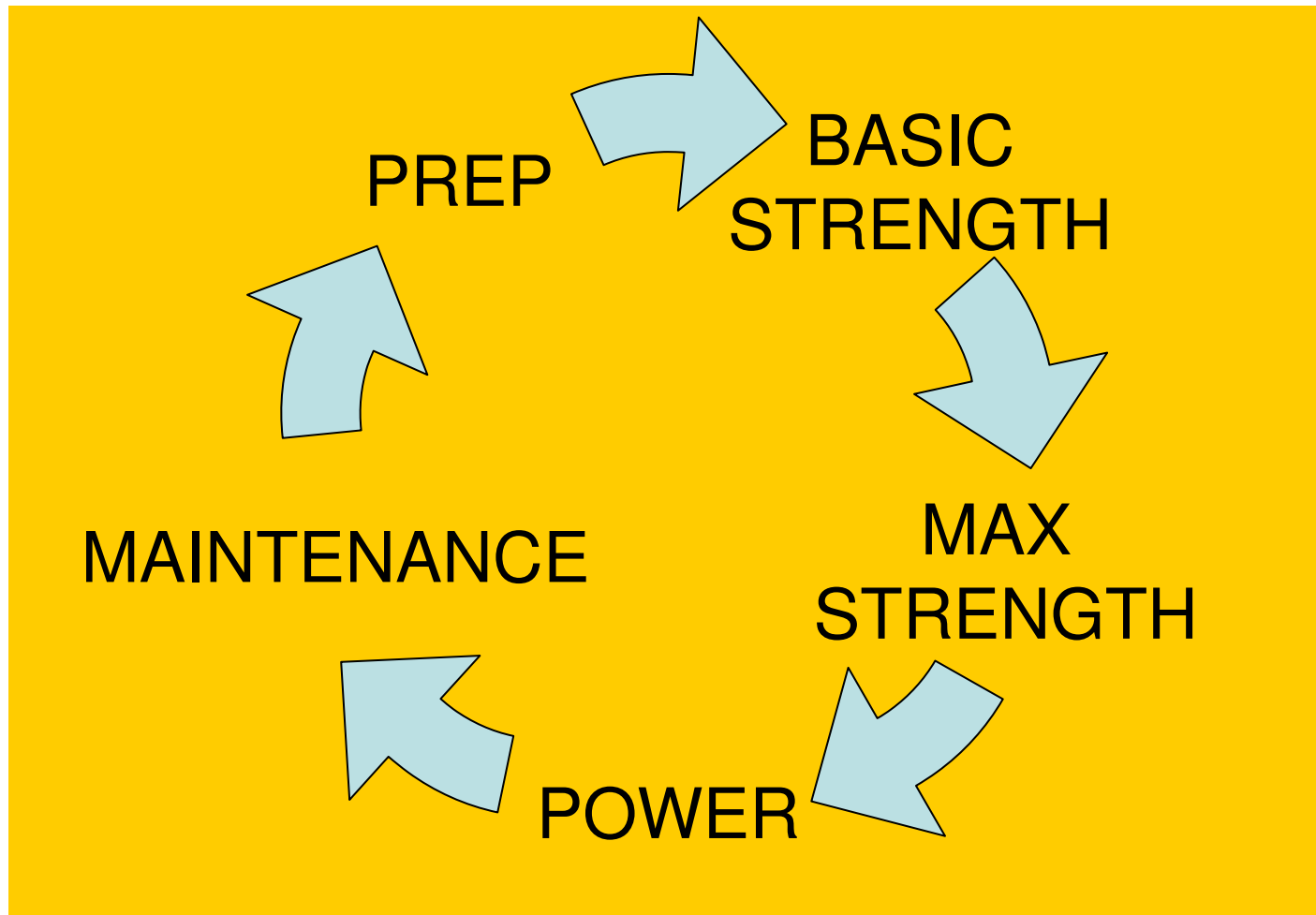
REPS: 10-20

WEIGHT: 65-75% of max

SPEED: Mod-Fast

REST: 1-2 minutes

PERIODIZATION FOR LIFTING





Q & A

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