Build Phase 1: Strength and Conditioning #1

0:40:00
-- km
-- TSS

| Warm Up | Main Set | Build Workout | Cool Down |

	Planned	**Completed**	
Duration	0:40:00		h:m:s
Calories			kcal
TSS			TSS
IF			IF

	Min	**Avg**	**Max**	
Heart Rate				bpm

Description

Please check the link below for full exercise instructions, progressions, alternatives and videos:

https://www.myprocoach.net/wp-content/uploads/SC-Triathlon.pdf

Legs and Core Strength:
1. Squat: 3 x 10 (Exercise 1)
2. Squat Jump: 3 x 12 (Exercise 2)
3. Single Leg Squat: 3 x 10 (Exercise 3)
4. High Knee: 3 x 10 (Exercise 9)
5. Box Jump: 3 x 8 (Exercise 10)
6. Bicycle Crunch: 4 x 10 (Exercise 26)
7. Plank: 1 x 3 (Exercise 21)
8. Spider Climber: 3 x 10 (Exercise 25)
9. Side Plank: 1 x 3 (Exercise 23)

Flexibility: 5-10 minutes

Notes:
1. 3 x 8 = 3 sets of 8 repetitions with a rest between sets.
2. Rests are 45 secs - 2-3 mins as required.
3. When an exercise alternates right and left, the right PLUS left movement is 1 rep.
4. For unilateral exercises, perform reps on the right, then repeat on the left. Then move to next set.
5. Breathe out on exertion and maintain form throughout.
6. For flexibility see the link below or choose stretches that work well for you.

Pre-activity comments

Build Phase:
During the build phase, your workouts are designed to develop power, balance and neuromuscular control. Form is key, reduce the intensity if you cannot hold your form.

Resistance during the Build Phase:
The most strength gains are made during this phase. Progress intensity by adding resistance only if you are able to maintain correct form throughout. Sets should feel more challenging, however be cautious of negatively impacting your following workouts.

Perform strength and conditioning once or twice each week. Avoid the 'no pain, no gain' thinking. Strength will compliment your training making you more powerful, less prone to injury and help you focus on range of movement required for all three disciplines. It should not inhibit your subsequent workouts.

Tags