



STRENGTH TRAINING FOR TRIATHLETES

8 WEEK STRENGTH TRAINING PLAN FOR
TRIATHLETES

Free
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DESIGNED TO BALANCE KEY MUSCLE GROUPS
NEEDED FOR TRIATHLON

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Triathlete Strength Training Plan

Day 1 | Weeks 1-8

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Split squat	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■
Lat Pulldown	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■
90/90 Shoulder IR/ER	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■
Overhead Press/ March	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■
Romanian Deadlift	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■
Single Arm Bent Over Row	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■	■■■■

Triathlete Strength Training Plan

Day 2 | Weeks 1-8

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Single Leg Deadlift	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■
Side Plank Hip Abduction	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■
Side Plank Hip Adduction	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■
Back Squat	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■
Single Leg Calf Raise	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■
Half Kneeling Chops	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■	■ ■

Tips for Weight Lifting



Superset: use an exercise that works a different group of muscles as your “rest” period

Aim for 3-5 sets of 6 reps at 85% 1 RM

1RM= The weight you can lift for a given exercise for only 1 repetition

Don't go so heavy that you can't maintain good form

Give yourself 2-3 days between each lifting session

Pick 2-3 days/week to lift

Track Weight, Reps, and Sets

Rest for 3-5 minutes between sets or do supersets



Why These Exercises?



These exercises are intended to address key muscle groups needed for each sport in triathlon. They will help prevent injury by keeping you strong where it matters.

Split Squat For running and cycling. Especially Cycling. Strengthens quads in single leg position.

Lat Pulldown For Swimming. Strengthens lats needed for pull phase of freestyle swimming.

90/90 Shoulder ER/IR For Swimming and Running. Improves running posture. Strengthens rotator cuff for pull and recovery phase of swim.

Overhead Press/March All 3 sports. Improves core strength, hip strength and stability, and shoulder strength.

Romanian Deadlift All 3 sports. Strengthens glutes and hamstrings needed for running, swimming, and cycling.

Single Arm Bent Over Row For Running and Swimming. Strengthens rotational muscles for running. Strengthens scapular muscles for finish of stroke.



Continued...

Single Leg Deadlift

All 3 sports, especially running.
Strengthens hamstrings and hips in single leg position which helps with stability.

Back Squat

All 3 sports.
Strengthens quads, glutes, hamstrings and core.

Side Plank Hip Abduction

All 3 sports, especially running.
Strengthens core and hip abductors needed for hip stability when running.

Side Plank Hip Adduction

Running and cycling.
Strengthens core and hip adductors needed for hip stability when running and hip extension when cycling.

Single Leg Calf Raise

Running.
Strengthens calves needed for impact dampening and propulsion while running.

Half Kneeling Chops

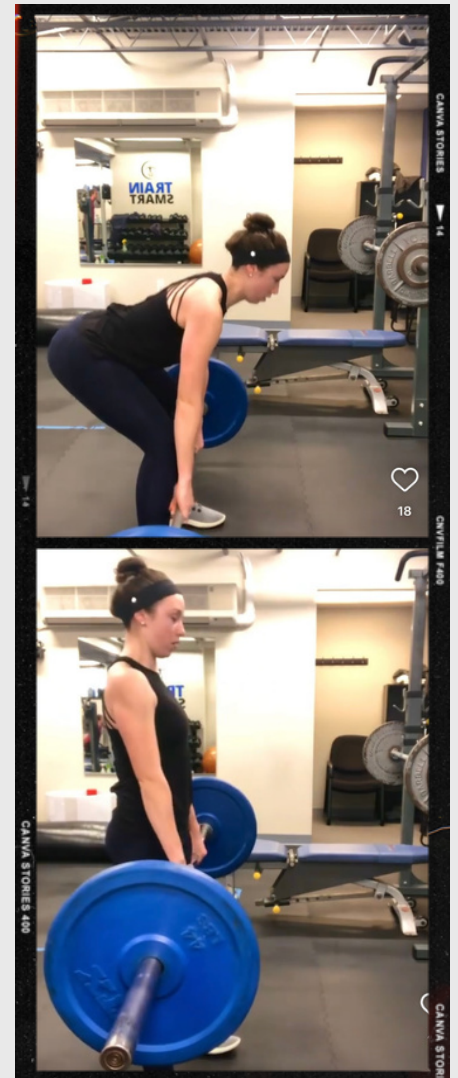
All 3 sports
Strengthens cross-body core muscles needed for swimming, cycling AND running.

Pictures Of Each Exercise

90/90
Shoulder
ER

90/90
Shoulder
IR

Romanian
Deadlift

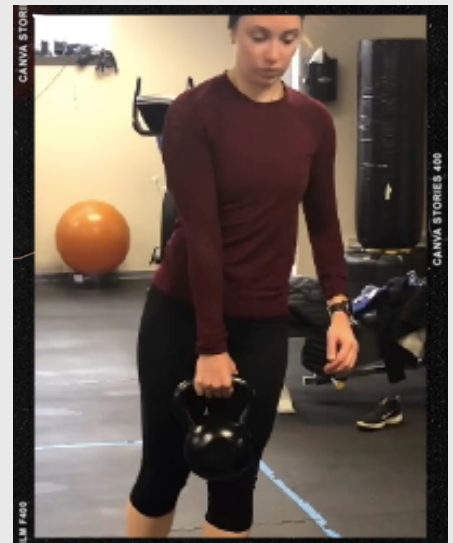




Half kneeling
chops



Single Leg
Deadlift



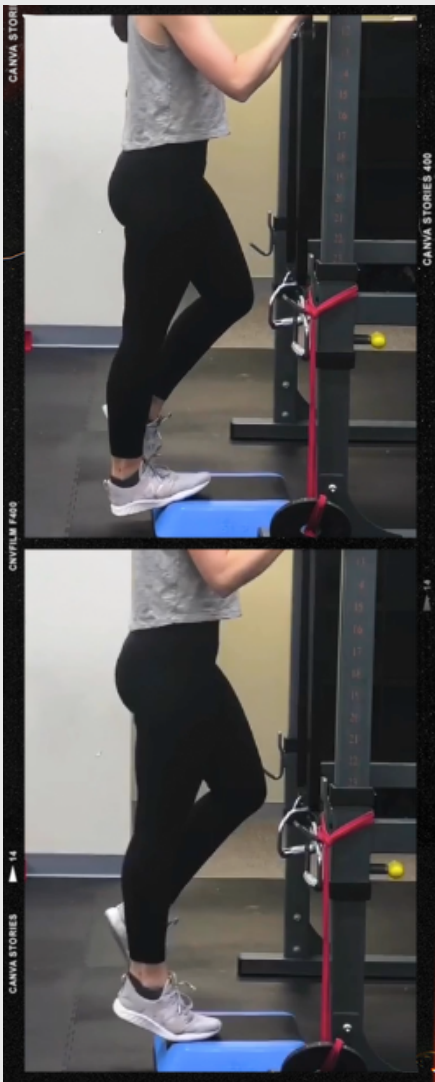
Side Plank
Hip
Abduction



Side Plank
Hip
Adduction

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Single Leg
Calf Raise



Overhead
Press/March



Back Squat



Split Squats



Lat Pulldown

Single Arm
Bent Over
Row