

The Best Strength Workout for Endurance Athletes

As Athletes we all want to be stronger and faster but we cannot possibly get the maximum strength, power and speed that our body is capable of creating. Strength Training is also fantastic for helping fix muscle imbalances that are created from Training, so we can be healthy and strong athletes for years to come.

- Develop Posterior Chain - Hamstrings, Glutes & Erectors
- Develop Core Strength - The Core is where the Power is created
- Develop Unilateral Strength - Train the body to produce equal power left and right

PART A: THE WARM-UP

The warm-up is often overlooked and athletes tend to speed through it. Just as you treat your warm-ups in your other aspects of training very importantly, this warm-up has many benefits including preparing you for the workout ahead.

A1. WARM THE ENGINE (2 Rounds):

- 5 Down Dog to Cobra
- 5e Spider Lunge
- 10e Banded Lateral Walks

A2. GET MOBILE (2 Rounds):

- 5e Split Squats
- 5e Cossack Squats
- 10 Banded Prisoner Squats

A3. REV IT UP (3 Rounds) (EMOM):

- 5 Goblet Banded Squats
- 5 Squat Jumps

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PART B: EXPLOSIVE POWER SUPERSET

We prioritize the Explosive Power at the beginning of the workout while your body is fresh. Execute it with perfect form and technique, as well as put maximum strength and power into each repetition to maximize the results.

For this Superset, complete both movements back to back, then rest for 1-2 minutes between sets. The Strength Movement is first and the Plyometric Movement is second to develop Strength and turn it into Power.

B1. SQUAT (Barbell Squat, DB Squat, KB Squat)

- 5 sets x 10 reps

B2. BROAD JUMP

- 5 sets x 5 reps

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PART C: UNILATERAL STRENGTH CIRCUIT

Unilateral Strength is positioned after explosive strength so your muscles are forced to work on balance and stability under fatigue. Unilateral Strength is done with your bodyweight or lighter weights and demands a focus on slow and controlled movements done with full range of motion.

For the Unilateral Strength Circuit, complete all three movements back to back to back and then rest 2-3 minutes after each set. This circuit will combine both upper and lower body movements.

Complete 3 Rounds of the Following:

- C1. Reverse Lunge to 1-Leg Romanian Deadlift
- C2. Alternating Single Arm DB Curl & Press
- C3. Split Stance Med Ball/KB/DB Chop

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PART D: CORE STRENGTH FINISHER

Although we put the Core Work at the end, it is not the least important. The Core Work is completed at the end because we need our Core to be strong and bulletproof when we are deep into a Race and we are looking for that extra strength to persevere through the home stretch.

Core Work will be completed in Tabata Style. Working for 40sec and resting for 20sec. Moving to the next exercise and repeating. Rest 1min at the end of each round. Complete 4-5 rounds.

40sec Work, 20sec Rest - 1min Rest between Rounds - 4-5 Rounds

- D1. Contralateral Plank
- D2. Side Plank Switches
- D3. Glute Bridge March

Thank you Coach Adam, LP Endurance Strength Guru. Follow @coachadj online for more great workouts, training tips and motivation for your Endurance and Strength Training.