



### Sample Periodized Integrated Strength Training Routine

Rationale: Periodized strength training designed for a first time runner with the goal of participating in a single event (biathlon, triathlon, marathon etc).

#### Phase 1: Preparatory (Strength Building/Skill Development) Phase January – Mid March ~10 weeks duration

- Strength training frequency 3x/week
- Increased sets/resistance with lower reps (8-12) is emphasized
- Less emphasis on increasing distances running in the short term with increased initially on elliptical
- Exercises include:
  - Free weights
  - Circuit equipment
  - Advanced functional & balance exercises

#### Phase 2: Competitive (Maintenance Phase) Mid March – End/Mid October ~34 weeks

- Strength training limited to 1x/week
- Emphasis on exercises that maintain strength gains and maintain enhanced skill level
- Increased distances and times become the emphasis
- Higher # of repetitions (15-20)
- Exercises include
  - Functional - Multi Joint/Closed Chain Exercises
    - Squats Pull ups
    - Lunges Dips
    - Step Ups
    - Calf Raises
    - Push Ups

#### Phase 3: Transition (Post-Season or Rest/Recovery) Phase November – December ~8 weeks duration

- Initial 2 weeks of recover following event of little to no activity
- Moderate # of repetitions (12-15)
- Strength training resumes at 2x/week, emphasize lower impact activities
  - Therabands
  - Stability Ball
  - Pilates
  - Endurance exercises
    - Should include a variety of cross-training activities such as biking & swimming

**As always, check with your physician before initiating or changing your exercise routine**