

Off Season Strength Training

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Look at Athlete as a Whole

Sport You Are Training For

Gender

Age

Consistency Commitment Level

Support system

Coachable

Blood Panel

Life Stress
Mental toughness

Agility

Speed, Body Composition,

Coordination, Flexibility,

Power, Mental Skills, Strength,

Quickness, Power to Weight,

Mobility, Strength Endurance,

Threshold, Ability to Clear Lactate,

VO2, Endurance, Skills/Technical,

Ability to Recover/Absorb,

Durability/Injury/Illness

Time Management

Nutrition

Mental Attitude

Body Type

Discipline

Finances

Background

Environment

Gear/Equipment

- Why To make a change in the athlete's body
 - Actual chance in strength
 - Bike and run
 - Back half of sets
 - Raised power top end higher ceiling
- ▶ When Winter -> Blocks -> Far from racing
 - Enough work through sets to get volume needed, but reps seem very low so weight target is hit. Goal is a change in strength without a change in size over 4-12 lbs
- Common Mistakes Standard typical program
 - Not heavy enough to make a change
 - Trying to do wrong S/B/R systems in relations to weight program
 - Fear of risk / fear of injury
 - Rate: Tempo of lift is slow and controlled on the down or eccentric, quick and powerful on the up. 2:1

- 1) Develop Mobility / Basic Strength and Core
- Placed in program with consistent structure, skills frequency, preparation
- 4 hip mobility exercises
 - Samson, Spider Lunge, Wall Squat Stretch, Wall Sit Stretch
- 2) Swim Aerobic Overload, Other Strokes/Skills
 - Bike Quickness, Light
 - Run Frequency, Agility Foot work drills/forward/ backward/side to side
 - Gym Pure strength
 - Phase one 3-4 week cycle
 - Heavy weight intro 4-8 reps

3) Swim – Speed

Bike - Sport Specific Strength

Run - Volume -> Hills

Gym - High reps light weight and Core

4) Swim - Intro to Main Sets - Threshold

Bike - Tempo -> Frequency

Run - Tempo-> Hills

Gym - Pure Strength Power -> (no mass) but pure strength. Lots of sets for work but very low reps. Weight should be 95% +. ie 6x2 on full rest

3) Race SpecificVO2Volume Endurance

Depends on the Athlete and Race Schedule