

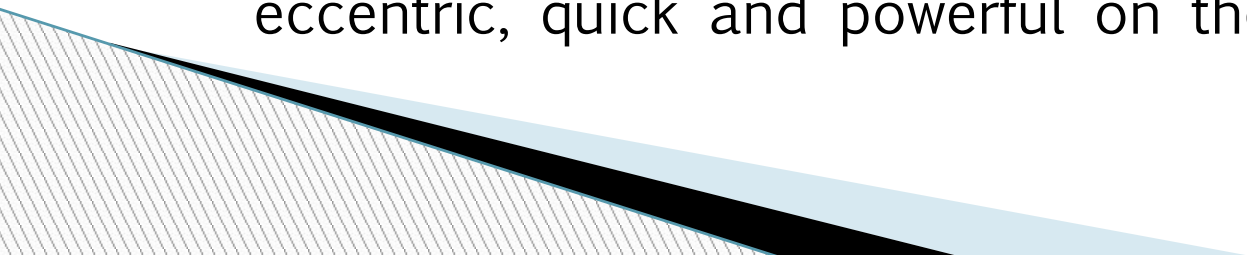


# Off Season Strength Training

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# Look at Athlete as a Whole



- ▶ Why – To make a change in the athlete's body
    - Actual change 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
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## 1) Develop Mobility / Basic Strength and Core

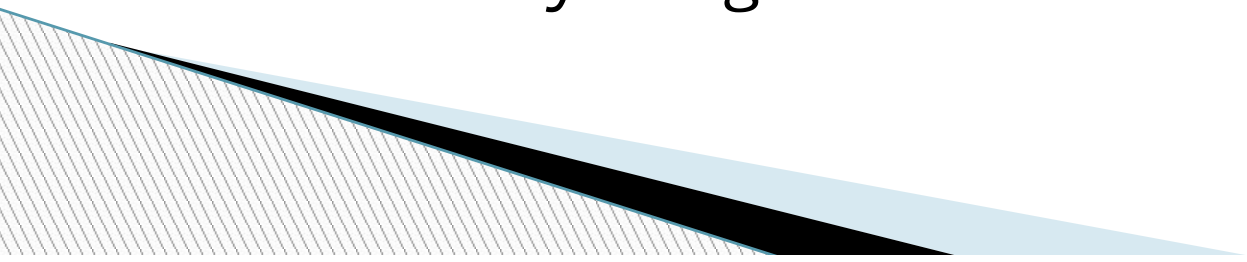
- ▶ Placed in program with consistent structure, skills frequency, preparation
- ▶ 4 hip mobility exercises
  - Samson, Spider Lunge, Wall Squat Stretch, Wall Sit Stretch

## 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
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### 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 Specific

VO2

Volume Endurance

} Depends on the Athlete  
and Race Schedule

