

# Third Coast Training

Endurance Specialist



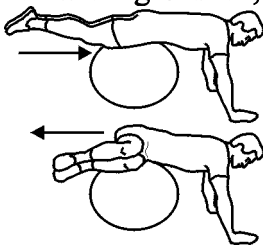
## Strength Training (ST) – Days (Monday, Thursday)

**Purpose/Description:** The purpose of strength training is to improve your muscles' ability to generate force. This is important for cyclists because accelerating and sprinting require high force production combined with high leg speed. Poor acceleration and sprinting abilities will lead to poor results, even if you are aerobically fit. That is why it is important to develop your force generation capacity through strength training. A well designed strength program will also improve muscle balance and decrease your risk of injury. Select a resistance for each exercise where your last repetition will be difficult, but you can still maintain proper form. You should perform each exercise at a speed that allows you to complete one repetition in 2-4 seconds. Before starting each exercise, perform two warm-up sets with  $\frac{1}{2}$  and  $\frac{3}{4}$  of the weight you will be lifting. Do the same number of repetitions as you will do while lifting the full weight. It is only necessary to rest 1 minute between each warm-up set. After warming up, perform the required number of sets of each exercise, taking a full rest between each set.

### ST

Exercise, Load, Volume, Rest in order.

1. Bench Press, Maximum for 12 reps, 4 x 12 reps, 90 s between sets
2. Single-leg Lying Leg Curl, Maximum for 12 reps, 4 x 12 reps, 90 s between sets
3. Twisting Crunch, Body weight 2 x 30 reps, 60 s between sets



4. Inverted Leg Press, Maximum for 12 reps, 4 x 12 reps, 90 s between sets
5. Seated Row, Maximum for 12 reps, 4 x 12 reps, 90 s between sets
6. Squat, Maximum for 12 reps 4 x 12 reps, 90 s between sets
7. Military Press for 12 reps 4 x 12 reps, 90 s between sets

[www.ThirdCoastTraining.com](http://www.ThirdCoastTraining.com)

Houston, Texas

713.487.7708