



Endurance Strength at Home Program

This is a bodyweight and one-piece-of-equipment program for a triathlete or endurance athlete who needs to do strength work from home. The best program for any athlete is one designed according to his or her individual needs, but sometimes you need a program that will be good enough for the circumstances at hand. This is a performance program that can be done at home, with only a backpack loaded with 5 to 30 pounds, depending on the athlete's ability.

Following the program

We believe that a basic understanding of WHY we are doing things is pivotal to an athlete's success. We don't need a physiology lesson, but to follow a strength program correctly, understanding some basics is key.

Rule number one: everything is a core exercise. Make sure you are focusing on posture, posture, posture the whole way through every exercise. Overall, we are hugely independent in our posture, which means there isn't any single "correct posture." When moving with load or speed, however, a general rule of thumb is that you want motion to come from your extremities, while everything from your head to your pelvis stays stable as you move through space.

Rule number two: forget your definition of hard. In working with a lot of endurance athletes over the years, one fundamental error is that people use the same gauge for their strength workouts as they do with their endurance workouts. For example, we often see people start too light on exercises, rest too little, and treat their session like a run, ride, or swim, which often start quite easy and get difficult by attempting to maintain a certain effort as you fatigue. Strength and power training is the opposite. Strength training needs to be hard enough right off the bat—you are focusing and working hard enough to need that rest by the end of the set.

Rule number three: a good gauge for adding reps or weight is that if you feel like you could have gotten more than two reps past the required amount, you should add some weight.

The Days

Day One

Minus the glute bridge, all of these are tempo controlled. The purpose of this is to specifically target the slow twitch muscle fibers, helping add to their ability to build mitochondria and other positive attributes for endurance. If we go too fast, we don't isolate; if we lock out our joints and pause, we let blood flow into the muscle, and lose some of the intent. The time length of these sets is also great for complementing the development of our tendons and ligaments, as these need a little more time under tension to adapt. I personally recommend looking at a watch and not trusting yourself to count.

Day Two

Active mobility, injury prevention, blood flow, and general recovery from a slightly harder session are our goals for the day. We often injure ourselves in ranges of motion not trained by traditional strength exercises. Most of the exercises on day two put us in those positions to make the tissue more resilient at its most vulnerable point.

Day Three

Power is our focus today, and is a day where rest is of paramount importance. We are training purely neuromuscular qualities with our power training, which means we want a low amount of high-quality work, in a non-fatigued state. Today should be a little fun and feel like you're doing virtually nothing and wasting your time. Trust me: you aren't.

Day Four

Same movements as Day Two, but shorter and easier. Our best benefits come from doubling up on the same workout, but without doing too much, so you will cut a set from all the movements today.

Day Five

Core endurance. This one will be more up your alley, endurance athletes: move in a circuit, resting enough so you can keep good form in the exercises, but not more.

All these videos can be seen on our YouTube channel, either separate or in a sequential playlist, [which you can reach by clicking here](#).

Warmup>	Sets	Reps	Rest	Notes
1) Lying on Stomach Breath		10	As needed	Inhale through nose, exhale through mouth, breathe into sides and back, not belly
2) Glute bridge w/Reach		10	As needed	Reach hands to ceiling, work on feeling abs and glutes, going higher isn't the goal
3) Glute Bridge w/March		5 ea leg	As needed	Don't let hips twist, drop or tilt
4) Leg Lower		8 ea leg	As needed	Keep legs straight, back flush w/ground, breathe
5) Bird Dog		5 ea side	As needed	Don't shift weight, movement in the hips and shoulders, not torso
6) Thoracic Spin Rotation		5 ea side	As needed	Reach elbow to ceiling
7) Bear Position Hip Extension		5 ea side	As needed	Reach heel to rear wall
8) Ankle Rocker Squat		20	As needed	Keep heels glued to ground, stay upright
9) Full Squat		10	As needed	Weight w/your back on heels, reach hands forward

Day One	Sets	Reps	Rest	All sets are tempo based. The goal is to go three seconds up, three seconds down with no pause at either end.
1) Squat (w/Backpack Bear Hug)	3	10	60 seconds	Stay on heels, shoulders over pelvis, go as low as possible without caving forward
2) Pushup	3	10	60 seconds	Elevate on chair or table if needed, elbows at 45 degrees to body, don't let back sag
3) Straight Leg Hip Extension Hold	3	45 seconds	60 seconds	Reach hands to ceiling, feel glutes, abs, hamstrings
4) Backpack Bent Over Row	3	10	60 seconds	Hinge at hips, keep back flat, pull back to lower ribs, not chest

Day Two	Sets	Reps	Rest	
1) C.A.R.S	1	5 each movement	60 seconds	Ankles, knees, shoulders, wrist
2) 1/2 Kneeling Hamstring Isolation	2	30 seconds ea side	60 seconds	Squeeze glute, fight through the cramps!
3) Swimmer	3	8	60 seconds	
4) Dying Bug	3	10	60 seconds	Keep low back glued to ground

Day Three	Sets	Reps	Rest	
1) Step Up Jump	3	5 ea leg	90 seconds	Control landing, head to ceiling
2) Single Leg Deadlift to Step	3	3 ea leg	90 seconds	Reach heel back, then snap forward to bring forefoot to box, work on control, then speed
3) Single Leg Hop	3	10 seconds	60 seconds	As many taps on each leg as possible in 10 seconds
4) Pushup Shoulder Tap	3	20 seconds	60 seconds	Don't sag, twist or shift; as many taps as possible in 20 seconds

Day Four
Repeat Day One But With Only Two Sets

Day Five	Sets	Reps	Rest	
1) Plank	3	10-20 Breaths	60 seconds	Soft knees, deep breaths, go until breath tightens
2) High Knee March	3	20 ea side	60 seconds	Knees high and out just a bit
3) Prone March	3	20 ea side	60 seconds	Keep back flush with ground
4) Walkout	3	5	60 seconds	Don't shrug or sag
5) Hollow Body	3	30 seconds	60 seconds	Reach hands to ceiling, back flush to ground