

# Table of Contents

[1) INTRODUCTION 3](#_Toc163554431)

[2) IMPORTANCE OF STRENGTH TRAINING FOR TRIATHLETES 4](#_Toc163554432)

[3) IMPORTANCE OF MOBILITY FOR TRIATHLETES 7](#_Toc163554439)

[4) EXERCISE ORDER 8](#_Toc163554440)

[5) WEEKLY TRAINING SCHEDULE FOR GENERAL PREPARATION PHASE 9](#_Toc163554441)

[6) TRAINING PLAN EXAMPLE 10](#_Toc163554443)

# 1) Introduction



W

elcome to Strength & Conditioning Tips For Triathletes, a training guide designed to give you insight into the methods I use to train professional/semi-professional and amateur athletes.

Whether you are interested in training with me or simply looking for guidance, this eBook outlines the principle of strength training for triathletes and helps you achieve your training goals.

In this eBook, you will find all the necessary information about what your strength programme should include and why it is important.

Familiarize yourself with the eBook content and try my General Preparation Phase Training Sample for Triathletes.

Drawing upon more than 15 years of accumulated experience, this finely honed training regimen is designed to maximize effectiveness and efficiency, ensuring optimal results.

I hope you like the program. Let me know if you have any questions! Enjoy!

# 2) Importance of strength training for triathletes



|  |  |
| --- | --- |
| A black background with a black square  Description automatically generated with medium confidence | A) INCREASED POWER AND SPEED: Strengthening key muscle groups, such as the quadriceps, hamstrings, glutes, and calves, can improve power output during cycling and running. This translates to faster speeds and reduced fatigue during the race. |

|  |  |
| --- | --- |
| A black background with a black square  Description automatically generated with medium confidence | B) IMPROVED ENDURANCE: While endurance training builds cardiovascular fitness, strength training enhances muscular endurance. Stronger muscles are better equipped to withstand the repetitive swimming, cycling, and running motions, allowing athletes to maintain form and performance for longer durations. |

|  |  |
| --- | --- |
|  | C) IMPROVED RUNNING ECONOMY: Research has shown that strength training can improve running economy, allowing runners to maintain a given pace with less energy expenditure. Enhanced muscular strength and power contribute to more efficient running mechanics, reducing oxygen consumption and fatigue during the running section of the triathlon. |

|  |  |
| --- | --- |
|  | D) INJURY PREVENTION: Strengthening muscles, tendons, and ligaments reduce the risk of overuse injuries common in triathlon, such as IT band syndrome, patellar tendonitis, and Achilles tendon issues. A robust strength training program helps stabilize joints and correct muscle imbalances, mitigating injury risks. |

|  |  |
| --- | --- |
| A black background with a black square  Description automatically generated with medium confidence | E) BETTER SWIM TECHNIQUE: Strength training targeting the upper body, particularly the muscles involved in the pull phase of the swim stroke, can improve swim technique and propulsion through the water. This can lead to faster swim times and conserve energy for the remaining disciplines. |

|  |  |
| --- | --- |
|  | **F) ENHANCED CORE STABILITY:**  A strong core is essential for maintaining proper body position and stability in all three disciplines. Core-focused strength exercises improve posture, balance, and stability, which are crucial for efficient swimming, cycling, and running mechanics. |

|  |  |
| --- | --- |
|  | G) FASTER RECOVERY: Strength training can enhance recovery by promoting blood flow to muscles, reducing muscle soreness, and accelerating tissue repair. This allows triathletes to bounce back more quickly from demanding training sessions and maintain consistency in their training. |

By integrating a well-rounded strength training program into their triathlon training regimen, athletes can maximize their physical capabilities, minimize the risk of injury, and ultimately improve their performance across all three disciplines of swimming, cycling, and running.

# 3) Importance of mobility for triathletes

For triathletes, mobility is of paramount importance in injury prevention due to the rigorous demands of the sport.

Good mobility allows triathletes to move more efficiently through each segment of the race. Improved range of motion in the hips, shoulders, and ankles, for example, can lead to better swim strokes, more powerful pedal strokes, and a smoother running gait. Triathletes often develop muscle imbalances due to the specific demands of each discipline. For instance, cyclists may have tight hip flexors, while runners may experience tight calves. Mobility work helps address these imbalances, promoting symmetrical movement patterns and reducing the risk of injury. Moreover,triathlon training involves high volumes of repetitive movements, which can increase the risk of injuries caused by overuse. Maintaining good mobility helps distribute stress evenly across muscles and joints, reducing the likelihood of strain or injury. In addition, adequate mobility aids post-workout recovery by promoting blood flow to muscles and joints, reducing stiffness, and preventing lactic acid build-up. This allows triathletes to recover more quickly between training sessions and races.

Each session commences with a methodical warm-up to prim the body for the forthcoming activities. Consistently engage in the prescribed mobility drills daily to uphold fluid movement without hindrance.

# 

# 4) Exercise order



The sequence of exercises holds significant weight in any training regimen, with the initial exercise often being the most important or intense. Understanding the precise protocol for each session is crucial for achieving success. Designated letters accompanying the exercises denote their sequence, referred to as the series. Depending on the program structure, exercises may be performed individually, as supersets, or even as tri-sets. For instance, if an exercise is labelled with a single letter like A), it is to be performed solo with the prescribed rest between sets. In the case of exercises designated with the A1) / A2) system, this indicates a superset where the exercises are performed consecutively before resting between sets. Similarly, a tri-set follows the same pattern but includes A1), A2), and A3) exercises before resting between sets.

# 5) Weekly Training Schedule for General Preparation Phase

Strength programme based on: 3 x strength sessions per week ( One Lower Body , One Upper Body and One Full Body), 3x Bike, 2 x Run, 2 x Swim.

## WEEKLY TRAINING SCHEDULE FOR GENERAL PREPARATION PHASE:

Strength programme based on: 3 x strength sessions per week (One Lower Body, One Upper Body and One Full Body), 3x Bike, 2 x Run, 2 x Swim.

|  |  |  |
| --- | --- | --- |
|  | AM | PM |
| MONDAY | Upper Body | Run |
| TUESDAY | Bike | Swim |
| WEDNESDAY | Full Body | Rest |
| THURSDAY | Bike | Rest |
| FRIDAY | Lower Body | Swim |
| SATURDAY | Mobility | Long Run |
| SUNDAY | Mobility | Long Bike |

# 6) Training Plan Example

**CLICK VIDEO ICON TO WATCH EACH EXERCISE VIDEO**

## WARM UP

**5 MIN X SMR**

Roll each muscle group for 45sec

|  |  |
| --- | --- |
|  | [**45sec- Calves**](https://www.youtube.com/watch?v=AnBspGplIFs) |
|  | [**45sec- Quads**](https://www.youtube.com/watch?v=HZFRE2DhiP8&list=PLNn6mjBrkOTW2ut1PBz9PPbQZFDAlnhKJ&index=1) |
|  | [**45sec- Glutes**](https://www.youtube.com/watch?v=QrXhfmswiMA&list=PLNn6mjBrkOTW2ut1PBz9PPbQZFDAlnhKJ&index=7) |
|  | [**45sec- Upper Back**](https://www.youtube.com/watch?v=38iAFLqe8LI&list=PLNn6mjBrkOTW2ut1PBz9PPbQZFDAlnhKJ&index=2) |

**5-10 MINS X GENERAL MOBILITY**

Complete the following general mobility drills spending 60 seconds on each exercise.

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=QBhjSaAb6Bk) | [**60sec – Groiner**](https://www.youtube.com/watch?v=QBhjSaAb6Bk) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=5iQchZWlstE) | [**60sec- Adductor rock back**](https://www.youtube.com/watch?v=5iQchZWlstE) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=wjpM0-Sf4HE) | [**60sec – Couch Stretch**](https://www.youtube.com/watch?v=wjpM0-Sf4HE) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=_9eet1SDVZk) | [**60sec- Tx Rotation**](https://www.youtube.com/watch?v=_9eet1SDVZk) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=j44h9YXgfo4) | [**60sec – Pike Reach Downward Dog**](https://www.youtube.com/watch?v=j44h9YXgfo4) |

## 

## Upper Body Strength

**3 sets / 60sec rest in between**

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=FxPbOHrxj7s) | [**A1: Bench Press x6**](https://www.youtube.com/watch?v=FxPbOHrxj7s) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=uRA79g5RUuY&list=PLNn6mjBrkOTXTQWLnbw2vgGKodVdWPHes) | [**A2: Band Resisted Shoulder External Rotation**](https://www.youtube.com/watch?v=uRA79g5RUuY&list=PLNn6mjBrkOTXTQWLnbw2vgGKodVdWPHes) |

**3 sets / 60sec rest in between**

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=l5ImVkVQJSk) | [**B1: Inverted Row x 10**](https://www.youtube.com/watch?v=l5ImVkVQJSk) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=ukNgGqzA0Fo) | [**B2: Half Kneeling DB Shoulder Press 8ES**](https://www.youtube.com/watch?v=ukNgGqzA0Fo) |

**3 sets / 60sec rest in between**

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=KYz-09hQcyE) | [**C1: Band Resisted Pull Apart x10**](https://www.youtube.com/watch?v=KYz-09hQcyE) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=UsstwP6PAZ8) | [**C2: T’s / Y’s / A’s x12**](https://www.youtube.com/watch?v=UsstwP6PAZ8) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=N5I-w47_shk) | [**C3: Band Resisted No Money x12**](https://www.youtube.com/watch?v=N5I-w47_shk) |

**LOWER BODY STRENGTH**

**3 sets / 60sec rest in between**

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=kblAA5NBxCI) | [**A1: Barbell Squat x6**](https://www.youtube.com/watch?v=kblAA5NBxCI) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=bclZWxq81K0) | [**A2: Single Leg Stability x30sec**](https://www.youtube.com/watch?v=bclZWxq81K0) |

**3 sets / 60sec rest in between**

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=4NLYKFzRQj4) | [**B1: Barbell Hip Thrust x 8**](https://www.youtube.com/watch?v=4NLYKFzRQj4) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=8bFUFZGUR3o) | [**B2: SL Calf Raise x12ES**](https://www.youtube.com/watch?v=8bFUFZGUR3o) |

**3 sets / 60sec rest in between**

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=zcSiYNeK0kw) | [**C1: SL Squat to Box x8ES**](https://www.youtube.com/watch?v=zcSiYNeK0kw) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=nTh1enKNByQ) | [**C2: Band Resisted Side Walk x12ES**](https://www.youtube.com/watch?v=nTh1enKNByQ) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=_o5xZ0MfX7g) | [**C3: Copenhagen Side Plank x30sec ES**](https://www.youtube.com/watch?v=_o5xZ0MfX7g) |

**FULL BODY STRENGTH**

**3 sets / 60sec rest in between**

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=Tr4zVZfNeyI&list=PLNn6mjBrkOTXIUsQ9CHurpufzL-WpoTWz) | [**A1: Barbell RDL x6**](https://www.youtube.com/watch?v=Tr4zVZfNeyI&list=PLNn6mjBrkOTXIUsQ9CHurpufzL-WpoTWz) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=fHGVPWjx8ps) | [**A2: Incline DB Alternate Chest Press x 6ES**](https://www.youtube.com/watch?v=fHGVPWjx8ps) |

**3 sets / 60sec rest in between**

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=LTIrXHGpV9I) | [**B1: Barbell Split Squat x 8ES**](https://www.youtube.com/watch?v=LTIrXHGpV9I) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=qLhpWwQDXls) | [**B2: Band Assisted or Neutral Grip Pull Ups x8**](https://www.youtube.com/watch?v=qLhpWwQDXls) |

**3 sets / 60sec rest in between**

|  |  |
| --- | --- |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=Uk6RTNCKAZo) | [**C1: SL Land Mine Hip Thrust x8ES**](https://www.youtube.com/watch?v=Uk6RTNCKAZo) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=t3Pem1AwjEk) | [**C2: Cable Seated Row x8ES**](https://www.youtube.com/watch?v=t3Pem1AwjEk) |
| [A red play button on a black background  Description automatically generated](https://www.youtube.com/watch?v=C1wHakRUv5g) | [**C3: Split Stance Calf Raise x12ES**](https://www.youtube.com/watch?v=C1wHakRUv5g) |

**PRODUCT DISCLAIMER**

The content in this book is written by Piotr Golaszczyk of Ultimate Sports Therapy & Performance Ltd. Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk.

Ultimate Sports Therapy & Performance Ltd will not be held liable for the interpretation or use of the information provided in this document.

This resource is not individually tailored and is just a guideline from the knowledge and personal experience of Piotr Golaszczyk. All content included may not be in any form or by any electronic, mechanical, photocopying, recording, or any other means be reproduced, stored in a retrieval system or be broadcast, sold or transmitted without the prior permission of Ultimate Sports Therapy & Performance Ltd.