

STRENGTH TRAINING

PROGRAM FOR ENDURANCE
ATHLETES

ENDURELITE
FUELING FAST



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BEFORE WE GET STARTED



4-WEEK TRAINING PROGRESSION FOR ENDURANCE ATHLETES



DESCRIPTION

This program is designed for all levels of endurance athletes, and it features 2 days of resistance training per week that can be added in to most endurance training programs. The goal of this program is to build muscular tone, strength, and strength endurance, which will then improve endurance exercise economy.

SKILL LEVEL

Beginner to Advanced.

TRAINING STRESS

Light to Moderate.

NOTES

Circuit day: Weight should be tiring, able to complete 1-2 more reps when finished. 60-90 sec rest between circuits. 1 minutes rest between step-up sets.

Strength day: Weight should be maximal, able to complete 0 more reps when finished except for the jump exercises. The jump exercises should be performed with maximum SPEED. 3-5 min rest between sets on first 3 exercises, 1 min rest on arm exercises. arm exercises optional

CIRCUIT DAY

1a	Dumbbell lunge	3x20
b	Pulldown	3x15
c	Goblet squat	3x15
d	Barbell chest press	3x15
2a	Single-leg deadlift	3x15
b	Dumbbell row	3x15
c	Box jump	3x10
d	Incline chest press	3x15
3	Step ups	3x30

STRENGTH DAY

1	Back squat	3x6
2	Clean	3x4
3	Bulgarian split jump	5x5
4a	Tricep extension	3x15
b	Bicep curl	3x15

CIRCUIT DAY

1a	Bulgarian split squat	3x15
b	Barbell row	3x15
c	Overhead squat	3x15
d	Incline DB chest press	3x15
2a	Single-leg leg press	3x15
b	High cable row	3x15
c	Leg curl machine	3x10
d	Chest fly	3x15
3	Step ups	4x30

STRENGTH DAY

1	Front squat	3x5
2	Power clean	3x3
3	Box jump	3x6
4a	Tricep extension	3x12
b	Bicep curl	3x12

CIRCUIT DAY

1a	Dumbbell lunge	4x20
b	Pulldown	4x12
c	Goblet squat	4x12
d	Barbell chest press	4x12
2a	Single-leg deadlift	4x12
b	Dumbbell row	4x12
c	Box jump	4x8
d	Incline chest press	4x12
3	Step ups	5x30

STRENGTH DAY

1	Back squat	4x3
2	Clean	4x2
3	Bulgarian split jump	5x5
4a	Tricep extension	3x10
b	Bicep curl	3x10

CIRCUIT DAY

1a	Bulgarian split squat	5x10
b	Barbell row	5x10
c	Overhead squat	5x10
d	Incline DB chest press	5x10
2a	Single-leg leg press	5x10
b	High cable row	5x10
c	Leg curl machine	5x10
d	Chest fly	5x10
3	Step-ups	7x26

STRENGTH DAY

1	Front squat	4x2
2	Power clean	5x1
3	Box jump	3x6
4a	Tricep extension	3x8
b	Bicep curl	3x8