

Hello triathletes! Here are some strength and conditioning routines for y'all to use to help maintain strength, improve performance, and prevent injuries. There are four sets of workouts. You can either pick 1-2 workouts to do 2-3 times per week and then progress to another set of 1-2 workouts once you feel like you are ready to switch it up, or you can pick 1-3 exercises from a set to do each day and gradually work through all the sets that way. These programs are designed to be done in a gym, but use mostly dumbbells, kettlebells, and resistance bands so they can be amenable to an at-home setup as well. It's helpful to have resistance bands for lateral movements, so here is a link if you need some: Fit Simplify Resistance Loop Exercise Bands with Instruction Guide and Carry Bag, Set of 5 <https://a.co/d/fMldatz>

This program has also been approved by our wonderful track coach, Jake Bartholomy (who also happens to be a physical therapist). He recommends strength training 2-3x per week to increase strength, and 1x per week to maintain strength. You should be using high enough resistance to where you are fatigued by around 8-10 reps. Rest for 30s-1 min between sets. Remember to always listen to your body and to SLOWLY increase intensity and resistance over time to avoid injury.

Set 1:

1. Squats (3 x 8-10)
 - Do [bodyweight](#) to start, then progress to holding a [dumbbell or kettlebell](#)
2. [Step ups](#) (3 x 10-12) (should these be weighted?)
 - Bodyweight to start, then [add weight](#) if needed to progress
3. [Monster walks](#) (3 x 10 steps/foot per side)
 - You can either go back and forth (like the video shows), or just do one side down the length of the room and then come back on the other side
4. [Single arm rows](#) (3 x 10 per side)
5. [Push-ups](#) (3x failure)
 - Feel free to do a progression (like knee push-ups or incline push-ups) if needed
6. [Bird-dog](#) (3 x 5-8 per side)

Set 2:

1. Deadlifts (3 x 8-10)
 - Start with [kettlebells or dumbbells](#) if a beginner, progress to [barbells](#) if/when more advanced
2. [Glute bridges](#) (3 x 10)
 - Start with bodyweight, [add weight](#) if/when more advanced
3. [Box step downs](#) (3 x 10 per side)
 - Make sure to do these slow and controlled (like in the video) to really develop single leg strength and stability
4. [Lat pull downs](#) (3 x 10-12)
5. [Overhead press](#) (3 x 10) (with dumbbells)
6. [Dying bug](#) (3 x 8-10 per side)

Set 3:

1. [Hip thrusts](#) (3 x 8-10)
 - Use a heavier dumbbell for these as opposed to a barbell, easier to set up
2. [Single leg deadlifts](#) (3 x 8-10 per side)
 - Start with bodyweight and focus on form, making sure you are really feeling this in your hamstrings and glutes. Progress to using a single dumbbell or kettlebell, and then eventually double dumbbells or kettlebells.
3. [Side lunges](#) (3 x 8-10 per side)
 - Start with bodyweight first to focus on form, then gradually add weight (either a dumbbell or kettlebell)
4. [Pull ups](#) (or a progression, 3 x failure)
 - If you don't have a pull-up yet, choose an appropriate progression, such as using a band or machine for assistance, or just doing the eccentric portion of the move (just lowering down from the top, slow and controlled)
5. [Dumbbell Lateral Raises](#) (3 x 10)
 - Use a lighter weight to focus on form
6. [Pallof press](#) (3 x 8)
 - Can either be done using a long-loop resistance band or a cable machine

Set 4:

1. [Bulgarian split squats](#) (3 x 8-10 per leg)
 - If this move is too challenging at first, just use bodyweight to focus on form. Gradually add weight (dumbbells or kettlebells) as you feel more comfortable
2. [Walking lunges](#) (3 x 16-20 total, 8-10 per leg)
 - Start with bodyweight at first if needed, then add dumbbells or kettlebells
3. [Stability ball hamstring curl](#) (3 x 10-12)
 - Can be done single leg if more advanced, start with double leg though
4. [Single leg calf raises](#) (3 x 20)
 - Just using body weight (even though video uses weight). If 20 is too much at first, start with 10, then gradually increase as you progress.
5. [Side plank](#) (2 x 30s hold per side)
6. [Plank](#) (1 x 1 minute)