

# ***THE ENDURANCE ATHLETE*** **STRENGTH PROGRAM**

A 12-week training program for endurance athletes to build functional strength, muscle, and power.\*

## **SAMPLE**

***BY JUSTIN  
PETERS***



\*to be used alongside your endurance training plan

# **WELCOME TO THE ENDURANCE ATHLETE:**

## **STRENGTH PROGRAM**

Over the next 12 weeks, you will increase strength, muscle, power, and range of motion. To be a well-rounded endurance athlete, and have longevity in your sport and in life, you must strength train!

For many years, people believed that endurance athletes should not lift weights because they would become big and slow.

Fortunately, recent research has shown otherwise. In fact, many top athletes now understand that strength training should be a ***foundational*** part of your endurance exercise programming.

Strength training is ***essential*** for endurance athletes to maintain optimal hormonal health, structural integrity of bones, cartilage and tissues, and injury prevention. Not to mention the obvious sports performance benefits, as well as looking better naked!

Let's get this party started!

# **ABOUT THIS PROGRAM - PLEASE READ!**

## **WHO IS THIS PROGRAM DESIGNED FOR?**

This program is designed for the endurance athlete who wants a strength training program that they can run alongside their current endurance plan. With only **3 efficient full body sessions per week + 1 mobility day**, this program is designed with the time-starved endurance athlete in mind.

The sessions start at about 30-35 minutes in length and build to about 50-60 minutes as the program progresses. In an ideal world, it would be performed on Mondays, Wednesdays, Fridays, with mobility on Sundays. However, life happens and your endurance training plan takes priority.

If 3 days of strength training per week is too much for you, even 2 days of strength training per week in accordance with this plan will make a HUGE difference in your performance and longevity in the sport. You can always move the days around as needed depending on your schedule and recovery.

**This program can be run during your off-season or during your race/event season.**

Remember, I am here to answer any questions that you may have.

***THE FOLLOWING PAGES ARE  
THE FIRST WEEK OF THE  
ENDURANCE ATHLETE:  
STRENGTH PROGRAM.***

Remember, all movements are [hyperlinked](#) to a demo video of the movement.

Terms like **Supersets**, **RPE**, or **RIR** will be defined and explained in the comprehensive introduction section that comes with the program.

# DAY 1 - FULL BODY 1 - RPE 7

## WARM UP - 2-3 SETS. REST AS NEEDED.

- Band Pull Apart — 15-20 Reps.
- Push Up to Runner's Lunge with T-Spine Opener — 6 Reps/Side.
- Glute Bridge — 15-20 Reps with 20 second isometric hold at top of last rep (squeeze those glutes hard).
- Lateral Band Walk — 15 Steps/Each direction.
- ATG Split Squat — 5 Reps/Leg.
- Copenhagen Plank — 15-20 Seconds/Leg.

## SUPERSET 1 - 3 SETS. REST 60 SECONDS AFTER 1B.

- 1A: Dumbbell ("DB") Floor Press — 10-12 Reps.
- 1B: Single Arm Bench Row — 10-12 Reps/Arm. Row elbow towards hip.

## SUPERSET 2 - 3 SETS. REST 60 SECONDS AFTER 2B.

- 2A: DB Reverse Lunge (alternating) — 10-12 Reps/Leg.
- 2B: DB Romanian Deadlift ("RDL") — 10-12 Reps.

## ACCESSORY/CORE - 3 SETS. REST 30 SECONDS AFTER 3C.

- 3A: Tibialis Raise Against Wall OR with Tib Bar — 25 Reps.
- 3B: Knees Over Toes ("KOT") Calf Raise — 25 Reps.
- 3C: Plank — 60 Seconds (squeeze abs).

# DAY 2 - FULL BODY 2 - RPE 7

## WARM UP - 2-3 SETS. REST AS NEEDED.

- Band Pull Aparts — 15-20 Reps.
- Band Pass Throughs — 10-15 Reps.
- Dive Bomber Push Ups to Down Dog — 10 Reps.
- Band Pullovers — 10-15 Reps.
- Glute Bridge — 15-20 Reps with 20 second isometric hold at top of last rep (squeeze those glutes hard).
- Copenhagen Plank — 15-20 Seconds/Leg.

## SUPERSET 1 - 3 SETS. REST 60 SECONDS AFTER 1B.

- 1A: Seated DB Military Press — 10-12 Reps.
- 1B: Neutral Grip Pull Ups **OR** Pull Downs — 10-12 Reps. If doing pull ups, scale as needed to match RPE.

## SUPERSET 2 - 3 SETS. REST 60 SECONDS AFTER 2B.

- 2A: Single Leg Hip Thrust — 10-15 Reps/Leg.
- 2B: Lateral Squat — 10-12 Reps.

## ACCESSORY/CORE - 3 SETS. REST 30-60 SECS AFTER 3C.

- 3A: Cable or Banded Single Arm Reverse Fly — to failure.
- 3B: Dead Hang — 30-60 Seconds.
- 3C: Hollow Body Hold — 30-45 Seconds (keep low back on the ground).

# DAY 3 - FULL BODY 3 - RPE 7

## WARM UP - 2-3 SETS. REST AS NEEDED.

- Band Pull Aparts — 15-20 Reps.
- Push Up to Runner's Lunge with T-Spine Opener — 6 Reps/Side.
- Glute Bridge — 15-20 Reps with 20 second isometric hold at top of last rep (squeeze those glutes hard).
- 90/90 Swivel — 5-10/Side.
- ATG Split Squat — 5 Reps/Leg.
- Copenhagen Plank — 15-20 Seconds/Leg.

## SUPERSET 1 - 3 SETS. REST 60 SECONDS AFTER 1B.

- 1A: Kettlebell ("KB") Goblet Squat **OR** Leg Press — 8-10 Reps.
- 1B: DB RDL — 12-15 Reps.

## SUPERSET 2 - 3 SETS. REST 60 SECONDS AFTER 2B.

- 2A: DB Incline Press — 10-12 Reps.
- 2B: DB Bench Supported Row — 10-12 Reps.

## ACCESSORY/CORE - 3 SETS. REST 30 SECONDS AFTER 3C.

- 3A: Tibialis Raise Against Wall **OR** with Tib Bar — 25 Reps.
- 3B: KOT Calf Raise — 25 Reps.
- 3C: Superman Hold — 20-30 Seconds.

# DAY 4 - PREHAB/MOBILITY

## 1 SET. REST AS NEEDED. BREATHE THROUGH NOSE.

- 1: Foam Roll/Lacrosse Ball Smash Glutes, Chest, and Quads — 4-6 Min/Leg.
- 2: Lunge Quad Stretch — 60 Seconds/Leg.
- 3: Elevated Pigeon OR 90/90 Swivel with hold — 30-60 Seconds/Leg.
- 4: Runner's Lunge to T Spine Opener — 10 Reps/Side.
- 5: Hip Flexor to Hamstring Stretch — 10 Reps/Side.
- 6: Wrist Roller — 5-10 Reps OR DB Reverse Wrist Curl (light weight) — 10 Reps/Side.
- 7: Corner Pec Stretch — 30 Seconds.
- 8: Alternating Scorpion — 5 Reps/Side (hold for 5 seconds on each side).
- 9: Kneeling Seiza Band Pass Through — 10 Reps (slowly).
- 10: Banded Rotator Cuff Rotation (light band) — 10-15 Reps/Arm.
- 11: Passive Bar Hang — Accumulate 3 Minutes (take breaks as needed).