

Strength and Muscle Development Programme (Three times a week, Monday, Wednesday, Friday)

Session One

Exercise	Reps*	Sets	Weight	Rest	Technique Points
Olympic Bar Squat	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Wide foot stance approx heels should be in line with outside of shoulders 2. Feet pointing 5 to 1 or 10 to 2 3. Weight on heels before squatting 4. Hips break parallel i.e. centre of hip is slightly lower than centre point of knee
Chin (Weighted)	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Start with arms straight (you can use a variety of grips - under, over, shake hand) 2. Lift body until chin is above bar 3. Return, with control, to start position
Olympic Bar Stiff leg Deadlift	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Stand holding the bar with overhand grip and arms to side 2. Place weight on heels and push bum backwards 3. Lower torso maintaining posture in spine with small curve in low back 4. Keep bar close to you as you lower bar until feel stretch in hamstrings (approx just below knee)
Olympic Bar Push Press	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Feet approx hip/shoulder width 2. Start with Dumbbells resting on outside of shoulder, palms facing forward 3. Bend at the knee to approx half/partial squat and explosively press dumbbells overhead 4. Finish with arms in line with ear

* Do each rep range for 2 weeks with specific amount of sets: 12 x 3 sets, 10 x 4 sets, 6 x 4 sets and 3 x 3 sets. Follow this with an unload week of 12 reps x 2 sets at 80% of normal load lifted. At 12 reps rest for 45 secs, at 10 reps rest for 1 min and so on.

Session Two

Exercise	Reps*	Sets	Weight	Rest	Technique Points
Olympic Bar Snatch	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Grip olympic bar approx just outside small bench mark 2. Start with toes under bar, shoulders in front of bar, head & chest up 3. Straighten legs, lifting bar up off floor 4. Bend knees underneath and torso moves upright 5. Jump and shrug bar, keeping bar close to body, and then upward throw bar to overhead position 6. Land in front squat position with bar overhead, stand up with bar remaining over head 7. Lower bar with control to collar bone, hip then floor. Repeat steps 2-7.

Exercise	Reps*	Sets	Weight	Rest	Technique Points
Olympic Bar Over Head Squat	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Bar over crown of head 2. Wide foot stance 3. Feet pointing 5 to 1 or 10 to 2 4. Weight on heels before squatting 5. Hips break parallel
Dumbbell Chest Press	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Lying on bench, grip bar at approx just outside shoulder width 2. Lower bar down towards chest keeping bar over midline of chest (in line with nipples) 3. As you do this keep your elbows tucked in to side of torso (this may feel strange at first). This will create a stronger shoulder structure hence avoid shoulder injury 4. Lower bar until bar touches chest and press upwards to start position
One Dumbbell Overhead Tricep Extension	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Feet hip/shoulder width, hold DB with both hands and take over head 2. Maintain a neutral spine (small arch in lower back) 3. Lower DB behind head until elbow achieve at least 90 degrees 4. Extend arms until arms fully extended overhead, repeat

* Do each rep range for 2 weeks with specific amount of sets: 12 x 3 sets, 10 x 4 sets, 6 x 4 sets and 3 x 3 sets. Follow this with an unload week of 12 reps x 2 sets at 80% of normal load lifted. Don't perform tricep extension at 3 reps. If you leave this exercise out you will not lose gains made. At 12 reps rest for 45 secs, at 10 reps rest for 1 min and so on.

Session Three

Exercise	Reps*	Sets	Weight	Rest	Technique Points
Olympic Bar Clean	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Grip olympic bar approx shoulder width 2. Start with toes under bar, shoulders in front of bar, head & chest up 3. Straighten legs, lifting bar up off floor, torso lifts up at same rate as legs 4. Bend knees underneath and torso moves upright 5. Jump and shrug bar, keeping bar close to body 6. As bar is coming upwards, drop underneath bar 7. Land in front squat position, with bar resting on fingers, elbows up (upper arm parallel with floor) catching the bar on top of shoulders 8. Stand up with bar remaining on top of shoulders 9. Lower bar with control to hip then floor. Repeat steps 2-8.
Olympic Bar Deadlift	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> 1. Start with toes under bar, overhand grip, arms straight, shoulders in front of bar, head & chest up 2. Synchronise straightening your legs and standing upright, pulling the bar up and keeping bar as close to body as possible 3. To lower, place weight on heels and push bum backwards 4. Lower torso and bend at knees, maintaining posture in spine with small curve in low back 5. When bar kisses floor, repeat movement again until completed desired number of reps

Exercise	Reps*	Sets	Weight	Rest	Technique Points
Dumbbell One Arm Row with parallel stance	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> Stand with feet approx shoulder width, place DB on floor directly underneath shoulder Keeping back in neutral position, take hold of DB with shake hands grip, placing opposite hand on thigh Lift DB up, keeping elbow close to ribs As DB is coming up squeeze shoulder blade in to spine at top of movement Lower DB to just above floor maintaining neutral spine
Barbell/EZ Bar Bicep Cur	12, 10, 6, 3 & unload week	3, 4, 4, 3	N/A	45secs, 1 min, 2 mins & 3 mins	<ol style="list-style-type: none"> Feet hip/shoulder width, hold bar with underhand grip Start with elbows tucked in to body, lift bar leaving approx 15cm gap between shoulder and wrist Lower with control until arms are fully extended

* Do each rep range for 2 weeks with specific amount of sets: 12 x 3 sets, 10 x 4 sets, 6 x 4 sets and 3 x 3 sets. Follow this with an unload week of 12 reps x 2 sets at 80% of normal load lifted. Don't perform Bicep Curls at 3 reps. If you leave this exercise out you will not lose gains made. At 12 reps rest for 45 secs, at 10 reps rest for 1 min and so on.

Strength and Muscle Development Programme Cardio (Two Days - Tuesday, Thursday)

Session One

Session	Element	Exercise	Walk Recovery	Run : Time or Distance	Speed	Sets	Heart Rate	Comments
1	Triathlon	Lactate Stacker	4 minutes	2 minutes	5 minutes	5	75-85% max HR	Continue one weekly
1	Triathlon	Hill Climbs	2 minutes	2 minutes	3 minutes 1 minute	5	75-85% max HR	Continue one weekly
1	Triathlon	Fartlek efforts	1 minute at each:	10kph 11kp 12kph 13kph 9kph	2% 3% 4% 1% 0%	6	75-85% max HR	Continue one weekly
1	Triathlon	800m @3k pace	Until HR has recovered (below 75%) = min 2 mins	800m	13.5kph (individual to fitness)	5	75-85% max HR	Continue one weekly

Session	Element	Exercise	Walk Recovery	Run : Time or Distance	Speed	Sets	Heart Rate	Comments
1	Triathlon	1500m @5k pace	Until HR has recovered (below 75%) = min 2 mins	1500m	13kph (individual to fitness)	4	75-85% max HR	Continue one weekly
1	Triathlon	1500m @5k pace 2000m @10k pace	Until HR has recovered (below 75%) = min 2 mins	2000m	12kph (individual to fitness)	3	75-85% max HR	Continue one weekly

Session Two

Session	Element	Discipline	Distance	Sets	Heart Rate	Comments
2	Timed (start clock from start to finish - stop during swim change over)	Cycle	10km	n/a	approx 75-85% max HR	follow for 2 weeks
2	Timed (start clock from start to finish - stop during swim change over)	Run	3km	n/a	approx 75-85% max HR	follow for 2 weeks
2	Timed (start clock from start to finish - stop during swim change over)	Swim	400metres	n/a	approx 75-85% max HR	follow for 2 weeks