



# Endurance Athlete Training - Weights... DB#28

Two simple weight lifting routines to gain strength  
in minimal time



# Endurance Athlete Training Overview

## Weights... DB#28

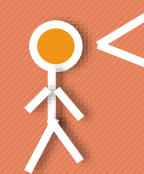
### Background:

As in any subject we might get interested in we research & at times devour all the data we can find so we might find a starting point and areas to experiment with along the way. My path of running to martial arts to motorsports to cycling has led me to an overview that might be a good starting point for you. My experience with endurance training spans 20+ years with a curiosity centering around increasing performance through competition within myself.

After 50+ books read ...

### *Becoming your own Coach - Why?*

- 1) Understand how your body reacts to 'damage' or stimulus.
- 2) Experiment with inputs & outputs of your training to find what works for you.
- 3) Breaking limitations that your past and your mind has to offer to progress.





# Endurance Athlete Training Overview

## Weights... DB#28

These are my lessons and learning, please use it and share it if you like.

I do not receive any compensation for any these products, yet in full Disclosure:

- I am not a doctor nor do I play one on the internet or anywhere else.
- The thoughts that follow are from my own experience, learning & pain.
- Thank you!



experience



# Endurance Athlete Training Overview

## Weights ... DB#28

Many endurance athletes skip both this along with any kind of stretching, for instance yoga.

(see deeper blog DB#16 for a simple stretching routine).

These athletes wonder why they become injured.

Let us look at what is happening during your endurance activity:

90 revolutions per minute (rpm) X 60 minutes X 10 hrs/week X 50 weeks/year = 2,700,000 motions.

The above would be for a cyclist, yet a runner or swimmer would not be much different.

So many revolutions will develop imbalances and imbalances that will result ultimately in injuries.

Weights & stretching force a re-alignment.



# Endurance Athlete Training Overview

## Weights ... DB#28

There is also a fair chance that you might fall during your endurance workout and maybe during just a bad day. Weights and stretching create a flexible muscle that can withstand more instant damage created by a fall.

There also tendencies in our everyday life that mis-align us.

For example, what I am doing right now sitting & typing, or maybe driving, or maybe watching a movie. Each one of this unless done with conscious effort of good posture and movement changing positions will create mis-alignments.

How might you know this? Take a look at most people in their 70's and some in their 60's you can see a rounding of the lower back, a forward tilt of the head & neck, an inability to lift their arms in line with the back of their head and even unable to touch their toes.

Weights and stretching counteracts these 'bad' habits we have sitting & standing around.

So, what might one do?



# Endurance Athlete Training Overview

## Weights ... DB#28

I propose two simple weight lifting routines which you can choose from depending on time & equipment.

1<sup>st</sup>) Chin-ups and/or Pull-ups, Kettle bell warm-up & swing, supplemented with Push-ups.  
About 20 minutes

2<sup>nd</sup>) Bench press, Military press, Bent row, Tricep push, Bicep curl - upper body day.  
Leg push, Leg quad curl, Leg hamstring curl with substitution of squatting if limited in time.  
About 1.5 hours, that I split into upper & lower body days.

Again, simple to help you get started ... now!

Some tips I adhere to:



# Endurance Athlete Training Overview

## Weights ... DB#28

- ❑ If nothing else full body exercises hitting multiple muscle groups, *for example kettle bell swing*.
- ❑ Start with 3 sets, get through the < 2 weeks of initial soreness, and quickly move to at least 5 sets.
- ❑ Increase weight with each set, this allows you body to warm-up.
- ❑ Low reps with higher weights, reps between 4 - 6, except for warm-up & body weight exercises & leg pushes which are to exhaustion.
- ❑ 1 to 2 minute rest between each set.
- ❑ Gradual increase of weights lifted, when I can do 6 reps for most of the sets. (for examples see below)
- ❑ Leg weight lifting not on the day of endurance training, but one to two days prior if possible.  
(In the past when training for an event with large steep climbing, I would do weights prior to hill interval repeats.)
- ❑ Weight lifting at night. (For me after weight lifting I am tired, at night I can lift & go to sleep.)
- ❑ Technique is very important, weights prior to aerobic exercise because a mistake in weights yields injury.  
Being fresh rather than tired will have a far less probability of a mistake.
- ❑ If time & energy are limited, I will drop weights prior to dropping stretching.
- ❑ Weight lifting for me is seasonal, I am weight lifting strongest in the 'off season'.
- ❑ Your goal wants to be a multiple of max weight lifted divided by your weights. (for examples see below)
- ❑ I am sorry I cannot teach correct technique here, there is plenty of discussion on correct weight lifting technique in books & online.
- ❑ Afterwards, just like finishing aerobic endurance activity consume ~ 20g of protein w BCAA's.



# Endurance Athlete Training Overview

## Weights ... DB#28

Tracking you weight progression

- 1) I don't believe you need a separate weight lifting journal.
- 2) It is easier to carry a piece of paper that you later copy into your daily planner/journal.
- 3) Or text yourself, or send yourself an email or just write it in an ongoing notes log.
- 4) Why keep a log? Because to can take the pleasure of seeing direct clear improvement.

This is one of the few areas you can see clear IMPROVEMENT.

You put in the effort you will get stronger!

- 5) *A fun way to track improvement with every rep.*

(Cool to walk into a yoga class & tell a friend I just lifted 26 tons!)

You are leg pushing weights - start with 6 plates - 3 per side at 45 lbs each at 20 reps

If you push harder & add another set at 13 plates you will add another 6 tons!

# of plates	weight of plate	number of reps	total weight lifted per set
7	45	20	6,300
8	45	20	7,200
9	45	20	8,100
10	45	20	9,000
11	45	20	9,900
12	45	20	10,800
pounds			51,300
tons			26

Steady is very important - you can see my trials with this on the next page →



1<sup>st</sup>) Chin-ups and/or Pull-ups, Kettle bell warm-up & swing, supplemented with Push-ups.



# Endurance Athlete Training Overview

## Weights ... DB#28

**TIME: ~ 10 min**  
( 6 sets at ~30s each + 1 min rest between)

### Chin-ups or Pull-ups

I have a simple door frame pull up bar to suffer on  
I typically hold six (6) sets each to exhaustion  
with 1 minute timed rest between

My progression from this past winter looks like:  
This is as much a mental battle as a physical battle.  
The mental battle is starting it.

*Yes, I need to force myself to do it.*

I noticed that if I can get into a rhythm of two (2) times a week every 3 days:  
progression is fast, I feel stronger & I am not sore after the first week.

*Progress is NOT linear, yet it is clearly there.*

Date	delta from last in days	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Total reps	Notes
3/12/20	begin	24	12	10	9	9	10	<b>74</b>	after wts at gym
3/19/20	7	30	19	15	14	15	12	<b>105</b>	fresh @ home
3/22/20	3	32	18	13	12	12	13	<b>100</b>	fresh @ home
3/25/20	3	30	20	15	12	16	16	<b>109</b>	fresh @ home
4/1/20	7	32	20	14	15	14	14	<b>109</b>	fresh @ home
4/7/20	6	33	21	17	12	15	14	<b>112</b>	fresh @ home
4/10/20	3	34	25	17	16	15	15	<b>122</b>	fresh @ home
4/15/20	5	32	18	14	14	14	15	<b>107</b>	fresh @ home

1<sup>st</sup>) Chin-ups and/or Pull-ups, Kettle bell warm-up & swing, supplemented with Push-ups.



# Endurance Athlete Training Overview

## Weights ... DB#28

**TIME:** ~ 10 min  
( 6 sets at ~30s each + 1 min rest between)

### Kettle bell warm-up and swings

Because technique is so important while swinging a kettle bell, I do not do it to exhaustion. (Looking left or right, changing your grip in the middle or just not concentrating on that rep can lead to injury.)

I start with 15 rep warm-up for three sets & move to 15 swings for three sets.

I first start with 48 lb kettle & after two weeks I move to 62 lb kettle bell.

(Next: I need to buy an 80+lb kettle next or more likely drill & tap existing kettle for plates.)

Be careful as you go up in weight, if you do some math you will find 3X the kettle weight due to centrifugal force depending on the length of your arms.

I move to 15 rep warm-up for three sets & increase reps  
15, 18 and 21, then 18, 21, 24 & then add a set.

### Good references for kettle swing:

Kettlebell Simple & Sinister: Revised and Updated (2nd Edition) by Pavel Tsatsouline

The 4 Hour Body: An Uncommon Guide to Rapid Fat Loss, Incredible Sex and Becoming Superhuman by Timothy Ferriss - p163

On-line at: search 'Kettlebell swing' – Men's Health video covers the mechanics of the swing,

For feet positioning & warm-up add 'Ferriss' to get touch & go warm-ups and feet positioning or read Tim Ferriss's book above.

2<sup>nd</sup>) Bench press, Military press, Bent row, Tricep push, Bicep curl - upper body day.  
 Leg push, Leg quad curl, Leg hamstring curl with substitution of squatting if limited in time.



# Endurance Athlete Training Overview

## Weights ... DB#28

**TIME: ~ 55 min**  
 ( 28 sets at ~30s each +  
 1 min rest between)

	How?	Warm-up	Set1	Set2	Set3	Set4	Set5	Set6	superset	Current max	multiple of body wt	Comments
Bench Press	at assisted bench	~ 50 - 60% max for weight - start 110 lbs	160	170	180	190	200	160	110	200	<b>1.4</b>	2/6/20 prior to COVID-19 current wt below: 142
	% of current max -->	55%	80%	85%	90%	95%	100%	80%	55%			
	# of reps -->	20 reps quick, yet good form	8	6	4	3	1	6	22			
Military Press	at assisted bench	~ 60 - 70% max for weight - start 60 lbs	70	75	80	85	90	65	n/a	90	<b>0.6</b>	
		67%	6	6	6	3	2	8				
			78%	83%	89%	94%	100%	72%				
Bent Row	dumbbell bent square to bench (square to work core at same time)	none	90	90	90	90	90			100	<b>0.7</b>	Time to move up in weight
			R6 / L4	R5 / L3	R4 / L3	R4 / L3	R4 / L4					
			90%	90%	90%	90%	90%					
Curl	at arm curl bench with bar	none	66	76	76	76	76			86	<b>0.6</b>	Time to move up in weight
			77%	88%	88%	88%	88%					
			6	6	4	4	3					
Tricep push	cable machine	none	65	67.5	70	72.5	75			85	<b>0.6</b>	Time to move up in weight
			76%	79%	82%	85%	88%					
			8	8	8	8	8					

Why upper body? Looks: I would rather look like a tri-athlete than a cyclist/runner, ability to hold up body during long rides & ability to crazy moves in yoga like flying, prevent injury, etc.



2<sup>nd</sup>) Bench press, Military press, Bent row, Tricep push, Bicep curl - upper body day.  
 Leg push, Leg quad curl, Leg hamstring curl with substitution of squatting if limited in time.



# Endurance Athlete Training Overview

## Weights ... DB#28

**TIME: ~ 40 min**  
 ( 20 sets at ~30s each +  
 1 min rest between)

How?	Warm-up	Set1	Set2	Set3	Set4	Set5	Set6	Set 7	Current max	multiple of body wt	Comments
Leg Press at assisted free weight sled % of current max --> # of reps -->	none	350 53% 20	395 59% 20	440 66% 20	485 73% 20	530 80% 20	575 86% 20	620 93% 20	665	<b>4.7</b>	2/23/20 prior to COVID-19 a record for me Yes all at 20 reps!
Forward leg curl at quad machine	none	140 8 80%	145 8 83%	150 8 86%	155 8 89%	160 8 91%	165 8 94%	170 5 97%	175	<b>1.2</b>	Time to move up in weight Tie a record for me
Reverse leg curl dumbbell bent square to bench	none	110 8 76%	115 8 79%	120 8 83%	125 8 86%	130 8 90%	135 8 93%		145	<b>1.0</b>	Time to move up in weight Tie a record for me

Why? The ability to climb, especially at lower cadence  
 My typical summer rides have > 6,000 ft climb in 80 miles  
 with some exceeding 10,000 ft of climb in 100+ miles.