

**Basic Weight Training Program for Endurance Athletes New to Lifting****Duration:** 16 weeks in four phases**Dates:** Sept 3 to Dec 23 2007**Training Goals:** Basic strength and strength endurance**Guidelines:** Loads should be selected to meet required sets and reps. Lift at a moderate pace with complete control of the weight. Use rests of 60-90s between sets and up to 2' between exercises.**Description:** The intent of this program is to introduce basic lifting techniques and develop basic strength. In this program, the loads for each exercise should be set so that you can complete at least the minimum number of reps for all of the sets. If you can complete the maximum reps for all sets, then a greater load should be used in the next session. In the first couple of weeks, it is better to under-estimate the load rather than to over-estimate the load, allowing you to gradually adapt. It is also critical to stress proper lifting technique for all exercises to establish correct patterns for later training. Variations of the exercises can be done using free weights or machines, or by using different benches or bars. The exercises can be done in whatever order you prefer, although you may want to consider using a system of alternating upper and lower body parts or alternating pushing and pulling exercises (ie, opposite muscle groups).

Exercises	Week 1-6		Week 7-10		Week 11-13		Week 14-16	
	Day 1	Day 2	Day 1	Day 2 OFF	Day 1	Day 2	Day 1	Day 2
Back Squat	2 x 13-15				2 x 13-15		3 x 8-10	
Leg Extension	2 x 13-15		2 x 13-15		2 x 13-15		3 x 8-10	
Leg Curl	2 x 13-15		2 x 13-15		2 x 13-15		3 x 8-10	
Hip Extension		2 x 18-20				2 x 18-20		2 x 13-15
Knee Drive		2 x 18-20				2 x 18-20		2 x 13-15
Hip Abduction		2 x 18-20				2 x 18-20		2 x 13-15
Hip Adduction		2 x 18-20				2 x 18-20		2 x 13-15
Stride Up	2 x 13-15		2 x 13-15		2 x 13-15		2 x 13-15	
Lunge	2 x 13-15				2 x 13-15		2 x 13-15	
Side Lunge		2 x 13-15				2 x 13-15		2 x 13-15
Chest Press	2 x 13-15		3 x 8-10		2 x 13-15		3 x 8-10	
Lat Pull / Row	2 x 13-15		3 x 8-10		2 x 13-15		3 x 8-10	
Arm Curl		2 x 13-15				2 x 13-15		2 x 8-10
Tricep Extension		2 x 13-15				2 x 13-15		2 x 8-10
Dumbbell Run	2 min	2 min	2 min		2 min	2 min	2 min	2 min
<b>Exercises</b>	8	8	5	0	8	8	8	8
<b>Total Sets</b>	15	15	12	0	15	15	20	15
<b>Max Total Reps</b>	210	250	150	0	210	250	210	190

**NOTE:** The program assumes a competitive focus during weeks 7-10 for AUS and CIS XC competitions.