

## Muscular Endurance Program for Running - Skiing - Cycling

Exercise	Number of Weeks - Duration	2	2	3	2	2	3
Leg Presses	Use load of 30% 1RM and continuously perform <b>4 minutes</b> of work for each exercise.	6 minutes	7 minutes	8 minutes	10minutes	7 minutes	7 minutes
Lunges w/Weight							
Calf Raises							
Leg Raises w/Bar							
Abbs - Spyder							
Abbs - Medicine Ball							
Balance Ball							
Planks various							
Rest Interval Between Exercise	1 - 2 minutes						
Rest Interval Between Sets	2 - 4 minutes						