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FREE REPORT!

CROSSFIT FOR ENDURANCE ATHLETES

The purpose of this report is to introduce a different training method to endurance athletes and how it can help those athletes improve their performance in endurance events while also improving fitness in other areas, improving general health, and dramatically reducing training time. This training method incorporates Crossfit strength and conditioning in combination with sport specific training.

Let us start by first describing what Crossfit is. Crossfit is a strength and conditioning program that utilizes functional movement in a high intensity manner to improve the Ten General Physical Skills (cardiovascular/respiratory endurance, strength, power, stamina, speed, flexibility, agility, balance, coordination, and accuracy).. The primary aim of Crossfit is to improve work capacity over broad time and modal domains. Crossfit is a generalist approach to fitness, not a specialist approach. It is the best training program for GPP or general physical preparedness that I have found in 20 years of exercise coaching. For more info on what Crossfit is check our website (www.crossfitalliance.com) for the article "What is Fitness?"

In general most endurance athletes spend too much time specializing on their particular sport. This often results in diminishing their abilities in the other physical skills not directly related to their sport. Most endurance athletes are strong in the area of cardiovascular and respiratory endurance but often have deficits in the eight other general physical skills. Endurance athletes often spend most of their time doing LSD aerobic training at the expense of the other metabolic pathways as well. When you look at the benefits and drawbacks of aerobic training vs. anaerobic training it looks like this.

Aerobic

Benefits

- Increased cardiovascular function
- Better fat utilization

Drawbacks

- Decreased muscle mass
- Decreased strength



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- Decreased power
- Decreased speed
- Decreased anaerobic capacity
- Decreased testosterone levels

Anaerobic

Benefits

- Increased cardiovascular function
- Decreased body fat
- Increased muscle mass
- Increased strength
- Increased power
- Increased speed
- Increased anaerobic capacity

Drawbacks

- Might require an aerobic foundation depending on sport

What we recommend is an alternative approach where more emphasis is placed on developing high level general fitness. Focus is also put on developing efficient technique for the athlete's specific sport. Lastly, the majority of the sport specific training is spent on interval training and time trials. For success with this program we recommend training Crossfit 4-6 days per week. Generally speaking we recommend starting with 2 days per week and gradually working up to 4-6 days depending on how your body tolerates, adapts, and recovers from the training.

Samples of these workouts can be found on our site at www.crossfitalliance.com or on the Crossfit main site at www.crossfit.com.

In addition to the Crossfit workouts you will also be doing 2-3 sessions per week for a single sport and up to 6 workouts per week for a triathlon. These workouts will consist primarily of interval and tempo runs and time trials. Examples of these workouts can be found at www.crossfitendurance.com. Utilizing this system you should require no more than 6-8 hours of total training time including both the Crossfit workouts and the sport specific training. Again by following this program you should see consistent improvement in your sport while improving overall fitness at the same time.



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If you have questions about this program, would like us to design a program based on these principles specifically for you, or would just like to try a Crossfit workout email us at freereport@focusedfitness.com or call at 864.233.6979.