

Cycling Specific Strength Programme

Whether you're starting out or a hardened cyclist, a resistance training program is vital to improving your performance. A good resistance program works to create balance, strength and stability throughout your legs and core, protecting you from injuries. The knees and hips are two integral joints involved in cycling. By training the muscles surrounding these joints, we can improve their efficiency, making it easier to go harder for longer. The following two programs are designed for establishing a strength base, and building endurance.

NB: These programs are catered to road biking. For those participating in mountain biking, an upper body training program should also be implemented.

Building a Strength Base

It is important when starting resistance training that a strength base is established before moving into endurance, power and speed. The following program is designed to build strength in the legs and core, and can be followed for 4-8 weeks.

| Warm Up | 5mins Cycling moderate intensity | | | |
|---------------------------|---|-------|-------|---------|
| Exercise | Sets | Reps | Tempo | Rest |
| Leg Press | 3 | 10-12 | 2:1:1 | 60 secs |
| Leg Extensions | 2 | 10-12 | 2:1:2 | |
| Leg Curl | 2 | 10-12 | 2:1:2 | |
| Cable Abduction | 3 | 10-12 | 2:1:2 | |
| Plank | 2 | 10-12 | 2:1:2 | |
| Swiss Ball Roll Out | 2 | 10 | 2:1:2 | |
| Medicine Ball Twist | 2 | 12 | 2:1:2 | |
| Alternate Arm & Leg Raise | 2 | 10 | 2:1:2 | |
| Cool Down | 5mins moderate cycling followed by Stretches for the legs and buttocks. | | | |

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Increasing Endurance

Once a strength base has been established, muscular endurance can be increased to help you cycle for longer. The following program will also help improve joint stability, and can be followed for 4-8 weeks before needing to be upgraded

| Warm Up | 5mins Cycling moderate intensity | | | |
|---------------------------|---|-------|-------|--------|
| Exercise | Sets | Reps | Tempo | Rest |
| Walking Lunges | 3 | 16-20 | 2:1:1 | 30secs |
| Squat Jumps | 4 | 10 | - | |
| Swiss Ball Hamstring Curl | 3 | 15 | 2:1:2 | |
| Cable Abduction | 3 | 15 | 2:1:2 | |
| Cable Adduction | 2 | 15 | 2:1:2 | |
| Toe Taps | 2 | 16 | 2:1:2 | |
| Swiss Ball Roll Out | 2 | 15 | 2:1:2 | |
| Medicine Ball Twist | 2 | 20 | 2:1:2 | |
| Alternate Arm & Leg Raise | 2 | 15 | 2:1:2 | |
| | | | | |
| Cool Down | 5mins moderate cycling followed by Stretches for the legs and buttocks. | | | |

So now that you have the tools to improve your cycling, go out there, have fun and cycle hard!

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