

Beginner Cycling Muscular Endurance Program

Introduction

Purpose: Develop a good base of cycling specific muscles and muscular endurance to improve lactate tolerance by increasing blood capillary density and the number/size of mitochondria by doing high reps and circuit training. Also, develop overall fitness to prevent injuries.

Frequency: 2-3 times/week in combination with on the bike training, this program helps you maximize your cycling performance.

Note: Hard training on the bike and weight training should be performed more than 6 hours apart and up to 24 hours apart for proper recovery.

Warm Up

Spinning on stationary bike/trainer or running at moderate pace for 10-15 minutes.

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Iso-Abs - Prone	Exercise	2-3	40-60 sec				
Crunch - w/Pelvic Tilt	Exercise	2-3	30-40		Moderate		
Lateral Trunk Flexion	Exercise	2-3	20-30 each side		Moderate		
Bridge - On SB Lower Hips	Exercise	2-3	20-30		Moderate		60-90 sec
Figure 8	Exercise	2-3	20-30		Moderate		
Chest Press - On SB 2 Arm DB	Exercise	2-3	30-40		Moderate	Light	
Row - Seated 2 Arm (Free Motion)	Exercise	2-3	30-40		Moderate	Light	60-90 sec
Back Extension - On SB Arm Extended	Exercise	2-3	15-20		Moderate		
Lunge - Forward	Exercise	2-3	15 each leg		Moderate		
Lateral Lunge (SI Joint)	Exercise	2-3	15 each leg		Moderate		60-90 sec

Cool Down

Spinning on stationary bike/trainer at moderate intensity at high cadence like 90+ rpm for 15-20 minutes. This is important to remind the muscles what they are training for! Stretching is encouraged and foam roll if you have chronically tight areas.

ISO-ABS - PRONE

Reps : 40-60 sec **Sets :** 2-3 **Intensity :**

Preparation :

- Assume a prone position with elbows bent and closed fists positioned under your shoulders.

Movement :

- Draw your lower abdomen inward toward your spine.
- In optimal postural alignment tighten buttocks and lift body up onto forearms.
- While maintaining the abdominal draw-in contraction, hold optimal alignment for 15 SECONDS and repeat 10 times.
- Your spine should be in a neutral position from cervical to lumbar and your glutes should remain tight without compensatory motion.
- Keep chin tucked in.
- Reduce time if necessary. Form is more important than how long or how much!



Notes : Circuit training with Crunch, Lateral Trunk Flexion, and Bridge is encouraged

CRUNCH - W/PELVIC TILT

Reps : 30-40 **Sets :** 2-3 **Intensity :**

Preparation :

- Ensure that the individual is proficient at a basic crunch before prescribing this exercise.

Movement :

- Lie supine on the ground.
- Initiate a posterior pelvic tilt as shown (rotate the pelvis backward).
- With the hands as shown, roll the thoracic spine off the ground up to a crunch.
- Lower slowly and repeat.
- TRAINERS: Watch for a forward head carriage, anterior collapsing of the shoulders and holding of the breath. These are indications that the exercise is too difficult and should be regressed.



LATERAL TRUNK FLEXION

Reps : 20-30 each side **Sets :** 2-3 **Intensity :**
Tempo : Moderate **Rest :** **Duration :**

Preparation :

- In a side-lying position, center the waist directly on top of the dome.
- Adjust the legs into a long lever, "scissor" position with the top leg forward of the bottom leg.
- Place the hands behind the head.
- Point the top elbow toward the ceiling and the bottom elbow forward.
- Flex the trunk laterally toward the floor, until a slight stretch is felt down the side of the torso.

Movement :

- Laterally flex the trunk away from the floor, pulling the bottom of the ribcage down toward the top of the hip bone.
- Pause at the top of the movement.
- Then slowly lower back to the starting position.
- Perform eight to 20 repetitions to fatigue.
- Perform the exercise on both sides of the body.



BRIDGE - ON SB LOWER HIPS

Reps : 20-30 **Sets :** 2-3 **Intensity :**
Tempo : Moderate **Rest :** 60-90 sec **Duration :**

Preparation :

- For proper alignment in supine bridge it is important that the head be resting comfortably on the ball with the neck in a neutral position.
- Don't let the head drop backward, or forward with the chin down.
- Chest should be lifted.
- Hips, knees, and ankles should be aligned.

Movement :

- Lower and lift the hips with control.
- Don't allow the legs to move in and out (abduction and adduction of the hips).
- Keep the knees stacked over the ankles.
- The ball should not move.
- Imagine gripping a small ball between the knees.
- Think of pushing the hips toward the ceiling.
- Think of directing the tailbone towards the scapulae (emphasizing erector spinae).

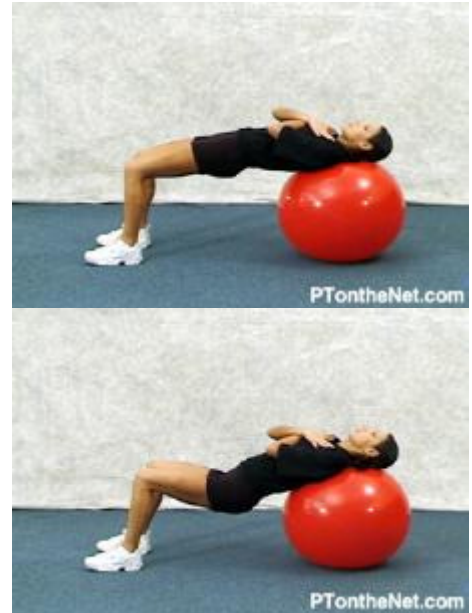


FIGURE 8

Reps : 20-30 **Sets :** 2-3 **Intensity :**
Tempo : Moderate **Rest :** **Duration :**

Preparation :

- Begin in a bent over position, legs will be bent and trunk almost horizontal and one hand on the KB between the legs.

Movement :

- Swing KB back between legs to pass it to opposite arm behind the leg.
- Circle KB around leg to pass to other side in a continuous figure 8 pattern.
- A slight swaying of the lower body will facilitate the figure 8 movement.

Exercise provided by www.kettlebellconcepts.com



Notes : Circuit training with Chest Press and Row is encouraged.
CHEST PRESS - ON SB 2 ARM DB

Reps : 30-40 **Sets :** 2-3 **Intensity :** Light

Preparation :

- Place head & shoulders on ball, keep chin up so neck is in neutral position.
- Position feet apart to form good base of stability.
- Activate transverse (pull belly button towards spine & hold).

Movement :

- Start with weights on chest.
- Push both weights towards the ceiling whilst exhaling.
- Upon reaching peak of repetition lower weights back to chest whilst inhaling and repeat.
- Keep body in "plank" position.
- Maintain even speed when performing the exercise.
- Push weights above the chest not over your head.



ROW - SEATED 2 ARM (FREE MOTION)

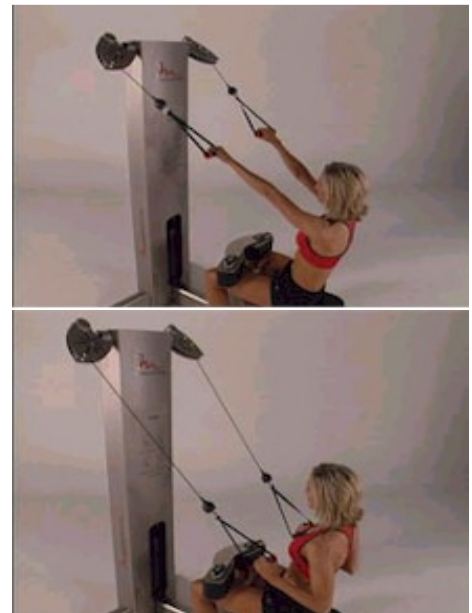
Reps : 30-40 **Sets :** 2-3 **Intensity :** Light
Tempo : Moderate **Rest :** 60-90 sec **Duration :**

Preparation :

- Grab handles and sit tall facing tower.
- Feet under knees or slightly forward flat on the floor.
- Using a neutral grip, align the wrist, elbows and shoulders with the cable.

Movement :

- Brace Spine by drawing your lower abdomen in.
- Maintaining proper posture, start movement by pulling the elbows straight down and back.
- Check alignment and positioning and repeat row.
- It is important not to let your back arch at any time during the movement.
- Keep feet flat on the floor to maintain balance and stability.
- Relax forearms and pull with the elbows.
- Do not adjust kneepad on thighs unless load exceeds body weight.



BACK EXTENSION - ON SB ARM EXTENDED

Reps : 15-20 **Sets :** 2-3 **Intensity :**
Tempo : Moderate **Rest :** **Duration :**

Preparation :

- Drape the body over the ball in a prone position with the spine flexed.

Movement :

- Stabilize the neck and pelvis as you extend the spine.
- Imagine there is a ball tucked under the chin and don't drop it.
- Slightly press the pelvis onto the ball and don't move it.
- Think of straightening your spine instead of lifting up off the ball.



Notes : Circuit training with Lunge and Lateral Lunge is encouraged

LUNGE - FORWARD

Reps : 15 each leg **Sets :** 2-3 **Intensity :**

Tempo : Moderate **Rest :** **Duration :**

Preparation :

- Stand in proper alignment with hands on hips
- Place feet straight ahead and shoulder width apart

Movement :

- From optimal postural alignment, draw your lower abdomen inward toward your spine (activating the deep stabilizing mechanism)
- While maintaining optimal spinal alignment, step forward and descend slowly by bending at the hips, knees and ankles
- During the descent maintain weight distribution between the heels and mid-foot
- *Do not allow the feet to cave inward or shift outward*
- The knees should track between the first and second toes
- Perform downward reps slowly and concentrate on the alignment of your body
- *Only descend down as far as you can maintain optimal alignment throughout the entire kinetic chain*
- Keep upper torso erect. Leaning forward is potentially injurious to the spine, knee and ankle. Note: Leaning forward may be a result of poor hip joint flexibility and a weak core
- While maintaining tone in the lower a
- abdomen (transversus, etc.) and optimal kinetic chain



LATERAL LUNGE (SI JOINT)

Reps : 15 each leg **Sets :** 2-3 **Intensity :**

Preparation :

- Start with small step and a shallow knee flex
- Don't try to control the movement consciously allow the body to react to the ground reaction, gravity & momentum

Movement :

- Step in the frontal plane, allowing the body to react to the ground force, gravity and momentum
- Return to the starting position and alternate
- As the movement looks more fluent, gradually increase the ROM of the step

