

CYCLING



Budd Symes

By John Howard, 7-time U.S. National cycling champion, 3-time Olympian, Pan American Games gold medalist, Ironman Triathlon winner, 1981, 24-hour endurance record holder (514 mi.) and world cycle speed record holder (152.284 mph in 1985).

Weight training helps cyclists improve their muscular endurance and stamina. It is especially important to build strength in the quadriceps, hamstrings and lower back. A specific training program will depend upon what event you are training for:

- Speed or sprint training
- Endurance rides
- Combination of both

Sprint cyclists need a lot of sprint race training and explosive speed training to test the anaerobic threshold—the sort of stuff that hurts! They also need to balance other muscles with a general weight training program. Serious distance racers need to emphasize distance rides, for example one or two 3-4 hour rides a week. (Less serious riders can scale those figures back.)

The best way to improve your performance in cycling is to race as often as possible—every week if you can. Cardiovascular and muscular endurance training will be done on the bicycle to ensure maximum specificity of training. You should take both long overdistance training rides as well as shorter interval explosive sprint training. The amount and frequency of each type of training depends upon time of year, your event, upcoming races and your level of fitness.

Cycling is a great cardiovascular strength builder for all athletes. It is especially good for runners as it builds the very muscles that running neglects—the quadriceps.

Aims: Aims and goals vary according to the event you are training for, your personal strengths and weaknesses, and seasonal considerations. The programs shown here are for endurance cycling. If you are training for sprint racing, use more weight and do fewer reps. For example:

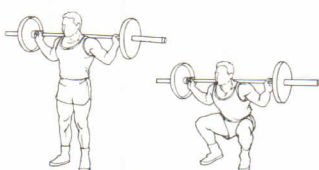
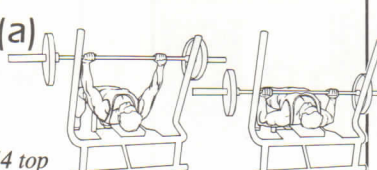
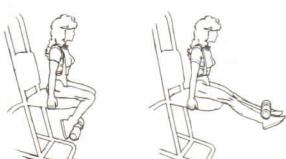
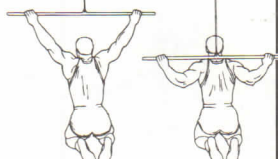
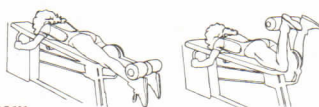
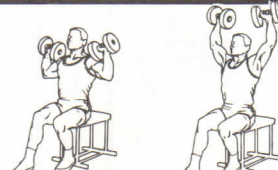
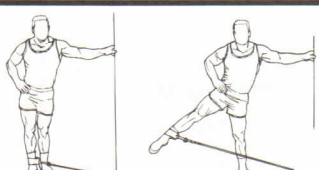
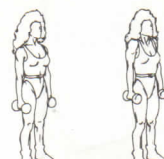

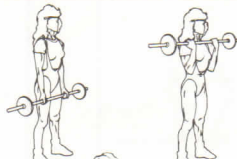
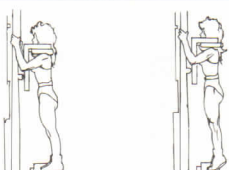
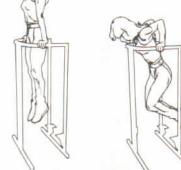
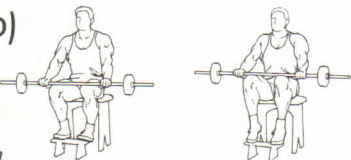
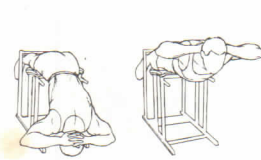
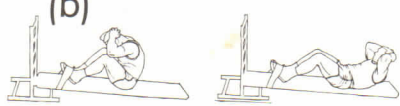
- Endurance: 14-12-10-8 reps
- Sprint: 8-6-4-2 reps

Cycling Off-Season Program

This will help develop strength and balance of major muscle groups, correct muscular imbalances, and emphasize thigh, leg, lower back and gluteal strength. The off-season program is more intensive than the in-season program.

Days per week: 3, with 1 day rest between workouts.

Supersets: Do the first set of exercise 1(a), then immediately do the first set of exercise 1(b). Rest 1-2 minutes, then go on to second sets of 1(a), 1(b). Follow this format for prescribed number of sets and reps.

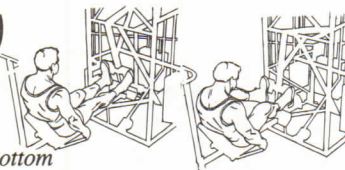
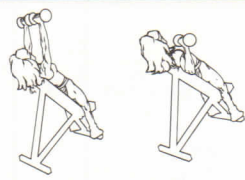
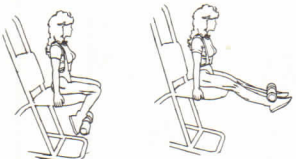
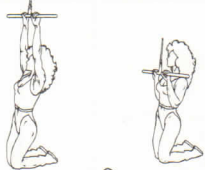
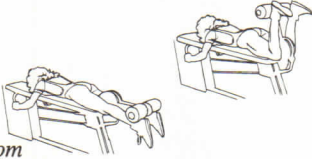
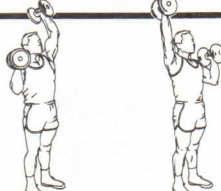
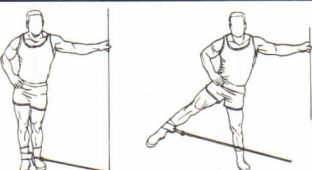
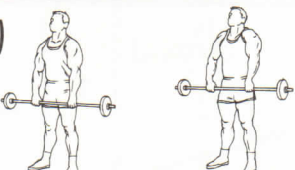

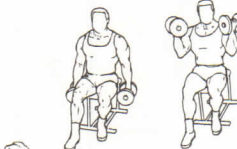
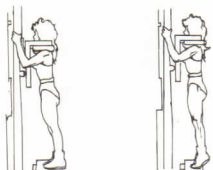
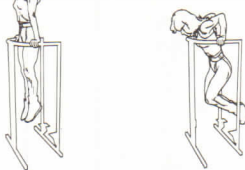

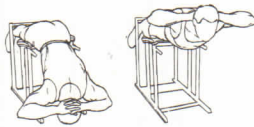
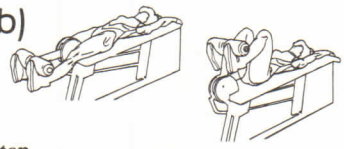
exercises	sets	reps	exercises	sets	reps
1 (a)  <i>p.284 top</i>	3	14-12-10	4 (a)  <i>p.244 top</i>	3	14-12-10
(b)  <i>p.293 middle</i>	3	14-12-10	(b)  <i>p.203 top</i>	3	14-12-10
(c)  <i>p.292 bottom</i>	3	14-12-10	5 (a)  <i>p.273 bottom</i>	2	14-12
2 (a)  <i>p.299 top</i>	2	14-12 each leg	(b)  <i>p.212 top</i>	2	15-15
(b)  <i>p.298 bottom</i>	2	14-12 each leg	6 (a)  <i>p.225 middle</i>	2	14-12
3 (a)  <i>p.238 top</i>	1	10 to 15	(b)  <i>p.253 bottom</i>	2	Max. 15 per set, then add weight
(b)  <i>p.237 bottom</i>	1	20 to 25	7 (a)  <i>p.216 middle</i>	2	Max. 15 per set, then add weight
			(b)  <i>p.190 top</i>	2	20 to 40 per set

Cycling In-Season Program

This is meant to maintain the strength gains of the off-season program.

Days per week: 2, with 1-2 days rest between workouts. Rest at least 2 days before competition.

Supersets: Do the first set of exercise 1(a), then immediately do the first set of exercise 1(b). Rest 1-2 minutes, then go on to second sets of 1(a), 1(b). Follow this format for prescribed number of sets and reps.

exercises	sets	reps	exercises	sets	reps
1 (a)  p.296 bottom	2	14-12	4 (a)  p.248 bottom	2	14-12
(b)  p.293 middle	2	14-12	(b)  p.202 top	2	14-12
(c)  p.292 bottom	2	14-12	5 (a)  p.273 middle	2	12-10 each arm
2 (a)  p.299 top	1	14 each leg	(b)  p.212 middle	2	15-15
(b)  p.298 bottom	1	14 each leg	6 (a)  p.218 middle	1	12
3 (a)  p.238 top	1	10 to 15	(b)  p.253 bottom	1	Max. 12, then add weight
(b)  p.238 bottom	1	20 to 25	7 (a)  p.216 middle	1-2	Max. 15 per set, then add weight
			(b)  p.197 top	1-2	20 to 30 per set

Additional Exercises

1. Use dumbbells instead of barbells
2. Step-ups with weights
3. Lunges with weights
4. Seated lat rowing
5. Leg press
6. Chins instead of lat pull-downs
7. Upright rowing
8. Dumbbell dead lifts
9. Neck exercises
10. Rotary torso work
11. Wrist exercises

Exercise Options

1. Stretching (year-round)
2. Extra abdominal and lower back work year-round
3. Depth jumping
4. Box jumping
5. Running and jumping stadium steps
6. Circuit training
7. For variety use other exercises for same muscle groups one workout a week.

Problem Areas

1. Wrists and grip position
2. Neck fatigue
3. Lower back fatigue
4. Shoulder soreness and fatigue
5. Knees—may need to work on medial quads □