

BIKE WEEK

WORKOUT

This programme is designed for beginner cyclists, or experienced cyclists who are new to gym based work. The exercises chosen use moderate weights with moderate to high reps for moderate sets, therefore it is is excellent to build a base of strength for any cyclist. The exercises have a heavy focus around posture and control which are extremely important for cycling, particularly over long distances.

Exercises such as deadlifts, single leg deadlifts, reverse lunges with an overhead press, step ups as well as squats will help with leg strength. This will help with driving down through the legs, improve leg power and improve the ability to shift through the gears as well as tackle hard hill climbs and sprints. Upper body exercises such as single arm dumbbell press, wide grip lat pulldowns, inverted rows, single arm dumbbell press and single arm dumbbell incline press will all facilitate control and stability in the torso. This will help stabilise the connection to the handle bars which is important when cycling, particularly when trying to hold a single position for extended periods of time to keep an aerodynamic posture. There are plenty of single arm and single leg variations included in the programme to improve stability control, total body coordination and core activation. This is fundamental to cycling efficiency and can assist cyclists of all levels.

Each day ends with a core based circuit for two to three sets. The focus of this circuit is stability and control and being able to hold trunk position rather than flexion and extension exercises such as sit ups. As they have a higher transfer over to cycling posture and positions.

The programme is divided across two days but taking part in one training session per week in the gym can have a massive improvement and carry over onto the bike, especially as a complete novice in the weight room regardless of cycling experience.

Team	Beginner Cycling Complimentary		
Phase	General Stabilisation/Endurance		
Date			
Player/Athlete			
Day 1	Exercise	Sets and Reps	
		Sets	Reps
	Deadlift	2-3	10-15
	Light slow and controlled 3 second descent		
	Single Arm Dumbbell Press	2-3	10-15
	Full range 3 second descent		
	Reps given per side		
	Wide Grip Lat Pulldown	2-3	10-15
	Full range to chest 3 seconds up		
	Reverse Lunge with Overhead Press	2-3	10-15
	Lunge back, dumbbells on shoulders then press overhead and return before next lunge		
	Light and controlled		
	Single Leg Deadlifts with Dumbell	2-3	10-15
	Light + controlled, keep hips level		
	Circuit (1min rest after all exercises)		
Day 2	Deadbugs (5-10/side)	2-3	10-20
	Arm Plank Hand Taps (5-10/side)	2-3	10-20
	Hip Bridges	2-3	15
	Mobility	10 min stretch	
	Exercise	Sets and Reps	
		Sets	Reps
	Goblet or Barbell Squats	2-3	10-15
	Light slow and controlled 3 second descent		
	Inverted Rows	2-3	10-15
	Perform on smith machine or low dip bar		
	Prioritise full range controlled descent		
	Single Arm Incline Dumbell Press	2-3	10-15
	Full range 3 second descent		
	Reps given per side		
	Barbell or Dumbell Step up with Knee Drive	2-3	10-15
	Controlled step up and lift knee with toes pointing up on step up and descent		
	Circuit (1 min rest after all exercises)		
	Plank Hold	2-3	20-30s
	Side Plank Hold (Each side)	2-3	20-30s
	Bird Dogs	2-3	20-30s
	Mobility	10 min stretch	