

STRENGTH AND CONDITIONING

PROGRAMME FOR GOOD TO GREAT
CYCLING ATHLETES



RATIONALE

This programme has been designed to develop your levels of Strength and Conditioning to enhance your sporting performance.

If followed correctly, this programme will develop your speed, strength, power and endurance whilst reducing the likelihood of injury.

We look to strengthen the whole body from head to toe, spotting and improving weaknesses along the way. We strive for longevity and constructing a body that is going to last a lifetime, not just a season.

The Strength part refers to getting you stronger in order for you to handle the physical demands of your sport safely and competently.

This is partnered with Conditioning: increasing your capacity for exertion through movement, so that you can perform better for longer.

TESTS

- **Height and Weight**
 - **10m Sprint**
 - **20m Sprint**
 - **T-Test**
 - **Vertical Jump Test**
 - **YOYO Test**
 - **Sit and Reach Test**
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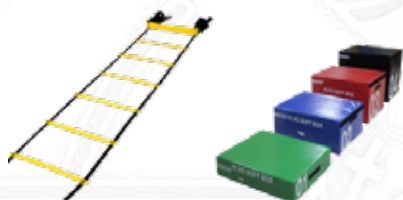
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STRENGTH AND CONDITIONING GOOD TO GREAT PROGRAMME FOR CYCLING ATHLETES

Prep Work / Warm Up / Glute Activation

The importance of this cannot be ignored. We use this section to get the body fully ready to train at optimum level – this is to allow individuals to achieve maximum performance and progression.



Speed / Power

Lower body speed and power is vital for any cyclist, especially sprint cyclist. However, all cyclists will need the ability to accelerate and power past other competitors during any part of their race.

Strength / Power

Cycling athletes need the strength and power to pass other athletes, particularly during clinical parts of a race such as sprints or time trials. Having the strength and power to do this may be the difference between winning and competing.




Flexibility / Cool Down

Flexibility in cyclist is vital to allow athletes attain an aerodynamic position on the bike, increasing their performance. Remaining flexible and performing a thorough cool down after training sessions and competitions aid injury prevention, to allow the muscles and ligaments to recover in the correct manner.

STRENGTH AND CONDITIONING

CYCLING			
PREP WORK / WARM UP			
Pulse Raiser of your choice			
Yoga mobilisation sequence: Press up, Downward dog, Cobra x5			
Complete glute activation activation work			
Build up of speed/power work from 50%-100%			
SPEED / POWER			
Exercise	Sets	Reps	RPE
1 Ladder Single Step	3		100%
2 Ladder Double Step	3		100%
3 Ladder Double Step (2 Sq. For, 1 Sq. Back)	3		100%
4 Pogos	3	10	100%
5 Single Leg Pogos	3	5 (Each)	100%
6 Broad Jumps	3	5	100%
7 MB Horizontal Shot	3	5	100%
8 Sprints - 10m, 20m, 30m	3	1 (Each)	100%
STRENGTH / POWER			
Exercise	Sets	Reps	RPE
1 Deadlift	3	5	80-90%
2A Single Leg Squat to Bench	2-3	6-8 (Each Side)	80-90%
2B Pull Up (Horizontal if needed)	2-3	10-12	70-80%
3A Split Squat (ES)	2-3	6-8 (Each Side)	80-90%
3B Alt Dumbell Chest Press	2-3	10-12 (Each Side)	70-80%
4A Single Leg Hip Thrusters	2-3	10-12 (Each Side)	70-80%
4B Renegade Row	2-3	10-12 (Each Side)	70-80%
CORE / STRETCHES			
2x45s Plank Up / Downs		Hamstrings	
		Quadriceps	
2x45s Side Plank		Calves	
		Glutes	
NOTES			
Squat and Deadlift variations are to be judged on the technical ability of the athlete			
All athletes must complete pre-screening demonstrating variations of squats before adding any additional weight			
Any efforts of 80% and over must have a spotter			
IF YOU ARE UNSURE ON ANY EXERCISES PLEASE SPEAK TO MR JONES			

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	Exercise	Sets	Reps	RPE
1	Ladder Single Step	3		100%
2	Ladder Double Step	3		100%
3	Ladder Double Step (2 Sq. For, 1 Sq. Back)	3		100%
4	Pogos	3	10	100%
5	Single Leg Pogos	3	5 (Each)	100%
6	Broad Jumps	3	5	100%
7	MB Horizontal Shot	3	5	100%
8	Sprints - 10m, 20m, 30m	3	1 (Each)	100%
STRENGTH / POWER				
	Exercise	Sets	Reps	RPE
1	Squat	3	5	80-90%
2A	Single Leg Romanian Deadlift	2-3	6-8 (Each Side)	80-90%
2B	Alt Dumbell Shoulder Press	2-3	10-12 (Each Side)	70-80%
3A	Bulgarian Split Squat (ES)	2-3	6-8 (Each Side)	80-90%
3B	Alt Dumbell Row	2-3	10-12 (Each Side)	70-80%
4A	Hip Thrusters	2-3	10-12	70-80%
4B	Press Up (Weighted if possible)	2-3	10-12	70-80%
CORE / STRETCHES				
2x45s Bicycle Crunches			Hamstrings	
2x45s Leg Raises			Quadriceps	
			Calves	
			Glutes	
NOTES				
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