



# CYCLING TRAINING PROGRAM

## DISCLAIMER:

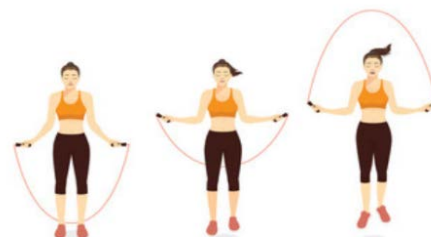
This program was prepared as part of course requirements by physiotherapy students enrolled in the course Health Promotion in Physiotherapy (REHB 4035) at the University of South Australia. We do not know your medical conditions or physical fitness any concerns or enquiries should be directed to your GP or **Good Country Physiotherapy on 8752 2330**, prior to engaging in exercise.

**Training** - Below is a set of exercises with a focus on cyclists. Training can be 2 to 3 times a week with a 48-hour recovery between workouts, plus any ride time. Not all of these exercises need to be completed each session. Stretching is important and should be done post-ride or exercises and a few have been included. Rest days are great for body recovery and catching up with family.

**Exercise** - Strict form is essential for all training to remain safe and effective. Finish a set when your form is not able to be maintained. Add weight or increase repetitions if easily completing the second set. Begin each of the CORE and STRENGTH exercises with 8 repetitions, building to 20 x 2 sets. Warm up, stretching and cool down are essential to help build and maintain a healthy body.

## WARM UP

Begin with 5 minutes of brisk walking, a short jog or rope skip to get the heart rate up and feeling warm.



**Arm Circles** – Start with smaller circles working out to bigger ones. Reverse the direction of the circles beginning with smaller circles again.

**Lunges** – Forward and lateral lunges x 10 each side then swap.



**Leg swings** – Controlled forward and backwards swings for 30 seconds each leg.

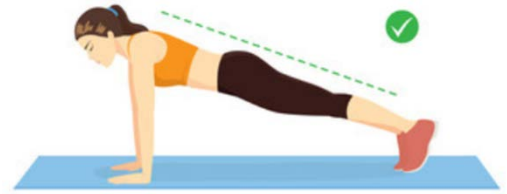
**Knee Pull Ups** – Hold the knee up of one leg and pull in towards your chest. Drop this leg down and take a step. Switch legs. Repeat x 10 times on each side.



## CORE

### PLANK

- Arms can be either straight (high) or bent down onto elbows (low) but either wrists or elbows need to be directly under your shoulders.
- Spine should be lengthened and straight. Lift your head away from your shoulders as this will help lengthen your spine.
- Activate your core and glute muscles. Use the legs for strength by contracting your quads helping the knees to stay in position. Push your feet backwards and your heels over your toes as this will work as counterbalance.
- And breathe!



**High Plank with Shoulder Taps** – In high plank, lift the right arm off the ground and tap the left shoulder. Place back on the ground. Repeat with the left arm and tap the right shoulder. This is one rep. Repeat your reps to complete your set.



**Low Plank with Alternating Knee Lifts** - In low plank, lift right foot off the ground, bend knee up and out towards hip. Move back to start position. Swap legs and repeat with left foot. This is one rep. Repeat your reps to complete your set.



### Side Obliques

- Lie on your side with your elbow directly under your shoulder. Legs out straight but can be bent at knees to reduce intensity if needed.
- Lift up your trunk and bring hips forward to form a straight line with your body. Your core (abs) should be doing the work not your shoulder.
- Hips and shoulders should be pointing forwards while your head is in line with your body. Your upper hand can be kept on the floor in front of you if you feel yourself rolling forwards.
- Hold for up to 30 seconds. This is one rep. Repeat your reps to complete your set.
- An *extra challenge* can be added through lifting the top leg up and top arm reaching upwards, held while the oblique lift is held.



## Bridges Double Leg

- Lie face up on a mat, knees bent with heels as close to your bottom as possible while keeping your feet flat on the floor. Rest your arms by your sides, flat on the floor and palm facing down.
- Push down through your heels as you lift your bottom off the ground, raising each segment of the lower back, then upper back off the mat.
- Lift only until you are resting on your shoulder blades and not on your neck. Continue to engage the glutes and lift the hips up towards the ceiling to form a straight line from shoulders to knees. Pause.
- Slowly lower down with upper then lower back. Repeat your reps to complete your set.

**Single Leg** can be added in by raising one leg up towards ceiling, keeping both knees in line before lifting hips upwards to form the line with your shoulders.



## Bird/Dog

- Starting on all fours, wrists in line with shoulders knees directly under hips.
- Brace core and begin simultaneously raising your right arm up and your left leg until they are in line with the rest of your body.
- Hold this position for 5 seconds then lower down to the start position.
- Repeat with the opposite arm and leg. This is one rep. Repeat your reps to complete your set. *Focus on not letting your back sag or body lean to one side.*

If this is too strong or a new exercise, practise alternating only arm movements then leg movements only.



**Russian Twist** – This exercise is important as it strengthens your side trunk (obliques) muscles that helps minimise trunk rotation as your legs pedal up and down.

- Sitting up straight on the mat, knees bent and heels on the floor. With a straight back, slowly lean back from the hips until you feel your core or abs engage.
- Hold this position and begin a twist from the waist. Move to the left, centre, right centre. This is one rep.
  - Reassess your back is straight; core is engaged for each repetition. Repeat your reps to complete your set.
  - If this is too strong or a new exercise, practise holding the core engage position for up to 10 seconds as one rep.
  - If this is too easy or a familiar exercise, add in a weight plate or dumbbells, holding them close to your chest as you twist from the waist.



## STRENGTH

### Squat

- Feet shoulder width apart, back straight and heels down.
- Send hips backwards and bend knees to almost 90°, keeping knees parallel and over toes, to squat down. Pause at the bottom of your squat.
- Press down through your heels, tighten through your glutes/bottom muscles as you straighten your legs to stand back up.
- Repeat your reps to complete your set.



**Bulgarian Split Squat** This exercise will test your balance, improve your core strength and build strength in your quads, hamstrings and calves. It can be started with a low step to raise the back foot and work up to higher step (knee height is perfect) along with the addition of weights.

- Rest your foot on a step or bench, while in a forward lunge position.
- Keep your trunk upright, core braced, hips square to your body and shoulders.
- Lower until your front thigh is almost horizontal but not going past your toes and knee remaining in line with your foot.
- *You may need to adjust how far away your front foot is from the bench until the distance is correct.*
- Drive through the front heel to straighten the leg back to the start position.
- Repeat your reps to complete your set. Swap to the other leg.



### Triceps Dips

- Sit on the edge of a sturdy chair or bench. Place your hands shoulder width apart on either side of your hips.
- Slide your hips off the chair, keeping your back close to the bench as possible with legs bent. Straighten your arms maintaining a microbend in elbows—*don't lock them out*.
- To lower, bend your elbows and lower hips toward the floor until your arms are bent 90 degrees.
- Push down through your palms to straighten your arms, lifting to the start. Repeat your reps to complete your set.



### Single Arm Overhead Press

- Standing tall, feet shoulder-width apart, and knees slightly bent.
- Hold dumbbell or weight just above your shoulder with your arm bent and palm facing inward, elbow by your ribs. The opposite arm is held out from your body.
- Bracing your core (abs), push the weight above your head until your arm is completely straight, your biceps is near your ear and your palm is facing forward.
- Don't let your shoulders move up or your body lean as the arm moves up.
- Slowly lower your arm back to start position. Repeat your reps to complete your set. Swap arms.



## STRETCH

**Hip Flexors** - Kneeling on left knee, slowly push hips slightly forwards while arching slightly backwards until a stretch is felt on front of hip. Hold for up to 30 seconds. Relax. Swap legs and repeat.



**Hamstring** – Sitting on ground with one leg out straight and the other leg bent with the sole of the foot against your opposite thigh. Extend your arms, reach forward over the straight leg by bending at the waist. Hold this position for up to 15 seconds. Relax. Swap legs and repeat on other side.



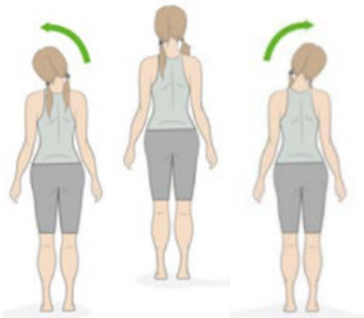
**Quadriceps** - Pull heel towards buttocks until a stretch is felt in front of thigh. Hold for up to 30 second. Repeat with other side.



- Check that your back remains neutral and doesn't arch back or twist during this stretch.



**Shoulder Stretch** – Roll your shoulder down and back, then gently cup your right elbow with your left hand and pull your right elbow across and in towards your chest. Hold stretch for up to 30 seconds. Slowly release and repeat on other arm.



**Neck and Shoulder Stretch** – Stand with your shoulders relaxed and your palms facing forwards. Slowly tilt your head down towards your shoulder. Note not to raise your shoulder up. When a gentle stretch is felt in the opposite side along the neck down to the shoulder, hold here for 10 seconds then move head back up to start. *Pause here before moving to the other side.* Repeat on opposite side.

## RECOVERY

**Hydration** with adequate fluid intake during your ride or exercise but also pre and post rides or exercises. Dehydration can delay recovery. Alcohol will dehydrate you further. Rehydrate before you have the hard earned!

**Nutrients** to support post the workout and to build for the next ride. Foods rich in protein (eggs, fish, chicken) and carbohydrates such as fruits (banana, berries), vegetables and grains will help the body repair and refuel.

**Sleep** to rest the muscles and body. Aim for 7 to 8 hours a night or sneak in a daytime 30-minute power nap

**Rest Days** can include activities such as Pilates (online mat classes with Good Country Physiotherapy in the comfort of your own home) walks and even catch up on bike maintenance.