

Assess Your Strength Level

1.Activation
2.Power

- Quadrupled holds x 3
- Deadbugs x 10
- Squat jump (landing focused) x 5 OPTIONAL

MAIN SET

	LEVEL 1	LEVEL 2	LEVEL 3	FOCUS
Single leg box squat	5 reps @30" box	5 reps @24" box	5 reps @20" box	Lower body strength (quad dominant)
Hamstring bridge (feet elevated)	20 reps bilateral	20 reps unilateral (can add foot elevation)	10 reps single leg romanian deadlift	Lower body strength-endurance (hamstring dominant)
Heel raise	20 reps bilateral	10 reps unilateral	20 reps unilateral	Lower body strength-endurance (ankle/calf dominant)
Press up	10 reps hands elevated	10 reps partial range	10 reps full range	Upper body strength
Plank variation	30 secs high/low plank	30 secs mountain climbers	30 secs high plank knee to elbow	Core strength-endurance

Strength Workout

<p>1.Activation 2.Power</p>	<ul style="list-style-type: none"> • Quadrupled holds x 3 • Deadbugs x 10 • Squat jump (landing focused) x 5 OPTIONAL
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MAIN SET

	Your Level	Sets	Reps	Rest
Single leg box squat		2-3	5 reps each leg	90 secs
Hamstring bridge (feet elevated)		2-3	Work up to 10-20 reps then progress level	60 secs
Heel raise		2-3	Work up to 10 reps then progress level	60 secs
Press up		2-3	Work up to 10 reps then progress level	90 secs
Plank variation		2-3	Choose any level and work up to 30 secs	30 secs

Strength Training Frequency & Intensity

	Frequency	Intensity + Focus	Cycling Volume
Off-season	2-3 sessions/week	High + strength	Low to medium
In-season	1-2 sessions/week	Low to medium + core strength	High

How to add strength training to your cycling schedule?

- ◆ Low volume - add to non-cycling days
- ◆ High volume - double up - make main cycle set a priority and strength train on days that will have the least impact on cycling AND/OR substitute 20 mins of riding for strength training