




INDOOR CYCLING
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TRAINING SERIES




MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Agenda

- Force vs. Power
- Periodization. Preparing the body for strength and intensity
- How do you develop strength in cycling?
- Muscular Endurance & Strength on the bike Training (Ride)

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MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Force vs. Power

It is important to understand the difference between force and power when targeting a specific training effect.

Force

Moderate to heavy resistance maintained for long periods of time developing muscular endurance. For example, a rider maintains an RPE of 70-80% during a long climb lasting 6 to 10 minutes. Cadences generally range from 60-80 RPM to encourage a muscular effort.

Power

Short, quick bursts at maximum intensity developing explosive muscular power. For example, a rider performs a 15-second sprint (80-100 RPM cadence) with heavy resistance and maximum intensity (RPE of 95-100%).

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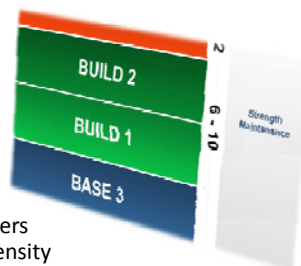
MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Periodization: Base / Build

During the build period, training volume is reduced slightly as more specific training and higher intensity efforts are introduced. Emphasis is now placed on cycling-specific training techniques such as sprinting, climbing and strength and threshold intervals.

Weight training is either stopped or reduced to a once-a-week maintenance workout to minimize muscle trauma and fatigue.


Recovery is key and enables riders to produce the appropriate intensity for each effort.



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How to Develop Strength on the Bike

Depending on fitness level, riders may respond differently to either force or power workouts. Since muscular strength and explosive efforts require a base level of aerobic conditioning and greater strength in connective muscle tissue, they are best performed later in the training year (Build to Peak periods) to avoid injuring riders who do not have an appropriate training foundation.

Strength Intervals
The objective is to place as much stress on the legs while maintaining a steady cadence of between 50-70 RPM. Strength intervals can last between 20 seconds to 2 minutes depending on the conditioning of the rider. Proper form is emphasized above all.

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Let's Ride!


Muscular Endurance & Strength

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Let's Ride

Muscular Endurance & Strength




Warm-Up 1 | Introduction

PE: ~50-60%
RPM: 95
Time: 8:00


Light, noticeable progressive resistance. Review safety, hand positions, proper form, how to gauge intensity (PE).
Overview of the workout / training.

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Let's Ride

Muscular Endurance & Strength




Warm-Up 2 | 30-Standing Accelerations

PE: ~70%
RPM: 95+
Time: 4:00


Instruct riders to add enough resistance so they are able to stand and accelerate for 30 seconds. Recover seated for 30 seconds and repeat.

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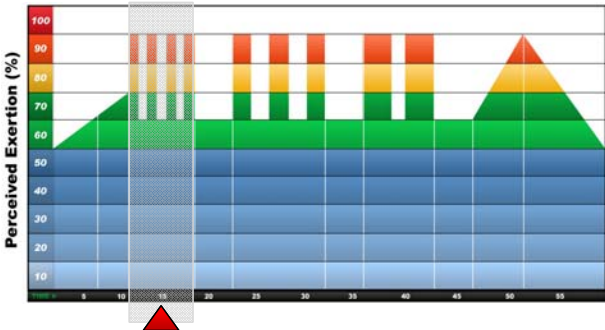
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MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Let's Ride

Muscular Endurance & Strength




Muscular Strength | 30-Seconds Intervals

PE: ~60 - 90%
RPM: 65+
Time: 6:00


First ask riders to match their leg speed to the tempo of the music. Second have them add as much resistance without slowing their leg speed. Hold for 30 seconds. Recover for 30 seconds. Repeat.

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MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Let's Ride

Muscular Endurance & Strength




Recovery | Prepare for the Next Effort

PE: ~60%
RPM: 100
Time: 2:00


Return to an easy flat road and allow legs and breathing to recovery. Prepare riders for the upcoming 1-minute muscular strength intervals.

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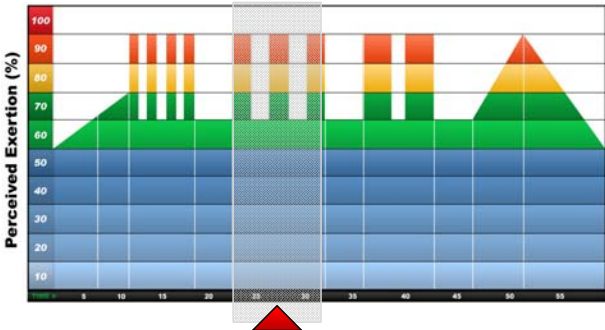
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MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Let's Ride

Muscular Endurance & Strength




Muscular Strength | 1-Minute Intervals

PE: ~60 - 90%
RPM: 65+
Time: 8:00


First ask riders to match their leg speed to the tempo of the music. Second have them add as much resistance without slowing their leg speed. Hold for 1 Minute. Recover for 1 Minute. Repeat.

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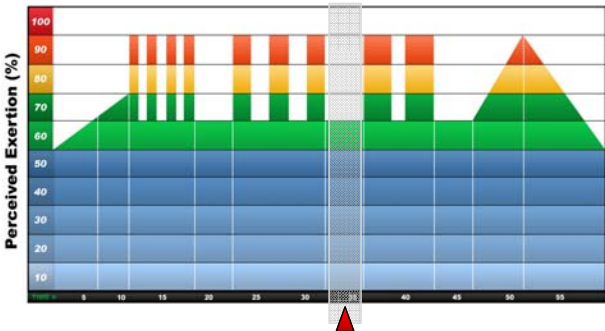
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MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Let's Ride

Muscular Endurance & Strength




Recovery | Prepare for the Next Effort

PE: ~60%
RPM: 85
Time: 3:00


Return to an easy flat road and allow legs and breathing to recovery. Prepare riders for the upcoming 2-minute muscular strength intervals.

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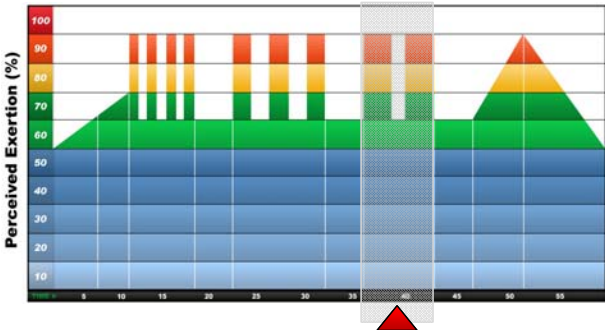
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MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Let's Ride

Muscular Endurance & Strength




Muscular Strength | 2-Minute Intervals

PE: ~60 - 90%
RPM: 65+
Time: 8:00


First ask riders to match their leg speed to the tempo of the music. Second have them add as much resistance without slowing their leg speed. Hold for 2 Minutes. Recover for 1.5 Minutes. Repeat.

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MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Let's Ride

Muscular Endurance & Strength




Recovery | Prepare for the Final Effort

PE: ~60%
RPM: 85
Time: 3:00


Return to an easy flat road and allow legs and breathing to recovery. Prepare riders for the upcoming 6-minute muscular endurance climb.

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MUSCULAR ENDURANCE & STRENGTH | ON THE BIKE

Let's Ride

Muscular Endurance & Strength




Muscular Endurance | 6-Minute Climb

PE: ~60 -90%
RPM: 70
Time: 6:00


Begin on a moderate climb and alternate in and out of the saddle adding resistance each minute. Let riders know that adding resistance is optional and should not result in their leg speed slowing below the music tempo.

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Let's Ride

Muscular Endurance & Strength




Recovery | Cool-down and Stretch


PE: ~60 - 50%
RPM: 90 - 60
Time: 11:00

Spend the first 4-5 minutes allowing riders to slow down their legs and gradually reduce their heart rates. Follow with 6-7 minutes of stretching focused on the muscles of the leg.

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Q & A

Questions, Concerns and Cries of Despair.

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Thank You!

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