

Strength Training for Road Cycling
Anatomical Adaptation (AA) Phase
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Purpose: Adapt general body muscles and tendons to the stresses of strength training in preparation for the greater loading of the Maximum Strength (MS) phase to follow.

Frequency: 2-3 times per week.

Equipment: Either free weights or machines. Can be done as a circuit.

Load/Resistance: 40-60% of 1RM or the greatest load possible for 20-30 reps per set (exception is dead lift for which you start lighter than possible and build during several weeks.)

Sets: 3-5 **Reps:** 20-30 **Recovery between sets:** 60-90 seconds.

Important: During recoveries stretch muscle group just worked before starting next exercise.

Speed: Slow to moderate emphasizing perfect form

Progression: Complete one set of each exercise in order (1, 2, 3, etc) before starting second set. This can be done quite effectively as a circuit training workout using machines. If pressed for time, or weight room is too busy for a circuit, you can complete all sets of one exercise before going to the next. The first set every workout is the lightest. When you can complete 3 sets of 30 reps, increase load.

Exercises: In order of completion (this is the most exercises of the year)...

1. Hip extension (squat, step-up, or leg press)
2. Seated row
3. Hip extension (different one from #1)
4. Chest press, **OR** push-ups.
5. Dead lift

Important: Your back is fragile. On dead lifts...

1. Wear a belt.
2. Start lighter than possible both initially and every day.
3. Look up and maintain good form.

6. Seated lat pull to chest
7. Personal weakness (hamstring curl or knee extension)
8. Crunches/abdominals (choice of exercise)

Phase Length: 4-8 weeks.

Warm-Up & Cool Down: Warm-up aerobically (rowing, stationary bike/trainer or by running easily) for 5-10 minutes. Cool down for 5-10 minutes spinning at 90+ rpm in light gear/resistance.