

Strength Training for Road Cycling
Muscular Endurance (ME) Phase
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Purpose: Develop a muscular endurance reserve in order to cope with fatigue by increasing capillary density and the number and size of mitochondria.

Frequency: 1-2 times per week.

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

Load/Resistance: 30-50% of 1RM or the greatest load possible for 40-60 reps per set. It's OK to initially estimate loads and then adjust them as you progress, but start conservatively. Should be able to increase loads by about 5% every 4-5 workouts.

Sets: 1-2 **Reps:** 40-60 **Recovery between sets:** 1-2 minutes.

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

Speed: Moderate.

Progression: Can be done as circuit training, but not necessary. When you can complete all sets at 60 reps, increase load.

Exercises: In order of completion...

1. Hip extension (squat, step-up, or leg press)
2. Seated row
3. Crunches/abdominals (choice of exercise)
4. Personal weakness (hamstring curl or knee extension)
5. Seated lat pull to chest

Phase Length: 4-8 weeks (4-6 if in first two years of strength training).

Warm-Up & Cool Down: Warm-up on 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.