

## Strength Training for Road Cycling

Power Endurance (PE) Phase

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**Purpose:** Develop greater sport-specific strength by emphasizing the combination of speed and force.

**Frequency:** 2 times per week.

**Equipment:** Either free weights or machines. Free weights are preferable.

**Load/Resistance:** 40-60% of 1RM (note the exceptions below under "Exercises"). It's OK to initially estimate loads and then adjust them as you progress, but start conservatively.

**Sets:** 2-4    **Reps:** 8-15    **Recovery between sets:** 3-5 minutes.

<p><b>Important:</b> During recoveries stretch muscle group just worked before starting next exercise.</p>
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**Speed:** Concentric movements (ascending) are fast, but under control. Eccentric (descending) are slower.

**Progression:** Complete all sets of each exercise before starting second exercise. The first set of each exercise is the lightest.

**Exercises:** In order of completion...

1. Hip extension (squat, step-up, or leg press)
2. Seated row
3. Crunches/abdominals ( choice of exercise, 20-30 reps with light load)
4. Personal weakness (hamstring curl or knee extension, 20-30 reps with light load)
5. Seated lat pull to chest

**Phase Length:** 2-6 weeks

**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.