

Strength Training for Mountain Bike
Strength Maintenance (SM) Phase
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Purpose: Maintain muscular strength.

Frequency: 1-2 times per week.

Equipment: Either free weights or machines.

Load/Resistance: First two sets at about 60% of 1RM (moderate load). Third set is about 80% of 1RM. This should be the heaviest load possible for 6-12 reps. When you can do 12 reps on third set, add more weight. It's OK to initially estimate loads and then adjust them as you progress, but start conservatively

Sets: 2-3 **Reps:** 6-12 (12 on each of first two sets. These will seem easy. Last set is 6-12 at a maximum effort.)

Recovery between sets: 1-2 minutes.

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

Speed: Slow-Moderate.

Progression: Do all three sets of each exercise before progressing to the next.

Exercises: In order of completion...

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

Phase Length: 2-3 weeks

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