

**Strength Training for Road Cycling**  
Strength Maintenance (SM) Phase  
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**Purpose:** Maintain muscular strength.

**Frequency:** 1 time per week.

**Equipment:** Either free weights or machines.

**Load/Resistance:** First set at about 60% of 1RM (moderate load). Second set is about 85-90% of 1RM. This should be the heaviest load possible for 6-12 reps. When you can do 12 reps on second set, add more weight. It's OK to initially estimate loads and then adjust them as you progress, but start conservatively. (Note the exceptions under "Exercises," below).

**Sets:** 2-3    **Reps:** 6-12 (12 on each of first and second 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 sets of each exercise before progressing to the next.

**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:** Several 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.