

## Cycling Specific Programme

### Session One

Exercise	Reps	Sets	Weight	Rest	Technique Points
Olympic Bar Snatch	12, 10, 8, 6 & 4	2, 3, 3, 3 & 4	N/A	45 sec, 1 min, 1 min 30 sec, 2 mins & 3 mins	<ol style="list-style-type: none"> <li>1. Grip olympic bar approx just outside small bench mark</li> <li>2. Start with toes under bar, shoulders in front of bar, head &amp; chest up</li> <li>3. Straighten legs, lifting bar up off floor</li> <li>4. Bend knees underneath and torso moves upright</li> <li>5. Jump and shrug bar, keeping bar close to body, and then upward throw bar to overhead position</li> <li>6. Land in front squat position with bar overhead, stand up with bar remaining over head</li> <li>7. Lower bar with control to collar bone, hip then floor. Repeat steps 2-7.</li> </ol>
Olympic Bar Squat	12, 10, 8, 6 & 4	2, 3, 3, 3 & 4	N/A	45 sec, 1 min, 1 min 30 sec, 2 mins & 3 mins	<ol style="list-style-type: none"> <li>1. Wide foot stance approx heels should be in line with outside of shoulders</li> <li>2. Feet pointing 5 to 1 or 10 to 2</li> <li>3. Weight on heels before squatting</li> <li>4. Hips break parallel i.e. centre of hip is slightly lower than centre point of knee</li> </ol>
Chin (Weighted)	12, 10, 8, 6 & 4	2, 3, 3, 3 & 4	N/A	45 sec, 1 min, 1 min 30 sec, 2 mins & 3 mins	<ol style="list-style-type: none"> <li>1. Start with arms straight (you can use a variety of grips - under, over, shake hand)</li> <li>2. Lift body until chin is above bar</li> <li>3. Return, with control, to start pos'n</li> </ol>
Olympic Bar Stiff leg Deadlift	12, 10, 8, 6 & 4	2, 3, 3, 3 & 4	N/A	45 sec, 1 min, 1 min 30 sec, 2 mins & 3 mins	<ol style="list-style-type: none"> <li>1. Stand holding the bar with overhand grip and arms to side</li> <li>2. Place weight on heels and push bum backwards</li> <li>3. Lower torso maintaining posture in spine with small curve in low back</li> <li>4. Keep bar close to you as you lower bar until feel stretch in hamstrings (approx just below knee)</li> </ol>
Olympic Bar Push Press	12, 10, 8, 6 & 4	2, 3, 3, 3 & 4	N/A	45 sec, 1 min, 1 min 30 sec, 2 mins & 3 mins	<ol style="list-style-type: none"> <li>1. Feet approx hip/shoulder width</li> <li>2. Start with Dumbbells resting on outside of shoulder, palms facing forward</li> <li>3. Bend at the knee to approx half/partial squat and explosively press dumbbells overhead</li> <li>4. Finish with arms in line with ear</li> </ol>
One Dumbbell Overhead Tricep Extension	12 (rest different please read)	2, 3, 3, 3 & 4	N/A	45 secs, 1 min, 1 min, 45 secs & 30 secs	<ol style="list-style-type: none"> <li>1. Feet hip/shoulder width, hold DB with both hands and take over head</li> <li>2. Maintain a neutral spine (small arch in lower back)</li> <li>3. Lower DB behind head until elbow achieve at least 90 degrees</li> <li>4. Extend arms until arms fully extended overhead, repeat</li> </ol>

### Session Two

Exercise	Reps	Sets	Weight	Rest	Technique Points
Olympic Bar Clean	12, 10, 8, 6 & 4	2, 3, 3, 3 & 4	N/A	45 sec, 1 min, 1 min 30 sec, 2 mins & 3 mins	<ol style="list-style-type: none"> <li>1. Grip olympic bar approx approx shoulder width</li> <li>2. Start with toes under bar, shoulders in front of bar, head &amp; chest up</li> <li>3. Straighten legs, lifting bar up off floor, torso lifts up at same rate as legs</li> <li>4. Bend knees underneath and torso moves upright</li> <li>5. Jump and shrug bar, keeping bar close to body</li> <li>6. As bar is coming upwards, drop underneath bar</li> <li>7. Land in front squat position, with bar resting on fingers, elbows up (upper arm parallel with floor) catching the bar on top of shoulders. Stand up with bar resting on shoulders</li> <li>8. Lower bar with control to collar bone, hip then floor. Repeat steps 2-7.</li> </ol>
Cycle	N/A	30-40 Mins	N/A	None	<ol style="list-style-type: none"> <li>1. Set resistance to medium and cycle for as long as possible</li> <li>2. Take a break upto 15 mins</li> <li>3. Cycle for 20 mins non stop vary resistance to cope</li> </ol>
Dumbbell One Arm Row with parallel stance	12, 10, 8, 6 & 4	2, 3, 3, 3 & 4	N/A	45 sec, 1 min, 1 min 30 sec, 2 mins & 3 mins	<ol style="list-style-type: none"> <li>1. Stand with feet approx shoulder width, place DB on floor directly underneath shoulder</li> <li>2. Keeping back in neutral position, take hold of DB with shake hands grip, placing opposite hand on thigh</li> <li>3. Lift DB up, keeping elbow close to ribs</li> <li>4. As DB is coming up squeeze shoulder blade in to spine at top of movement</li> <li>5. Lower DB to just above floor maintaining neutral spine</li> </ol>
Olympic Bar Over Head Squat	12, 10, 8, 6 & 4	2, 3, 3, 3 & 4	N/A	45 sec, 1 min, 1 min 30 sec, 2 mins & 3 mins	<ol style="list-style-type: none"> <li>1. Bar over crown of head</li> <li>2. Wide foot stance</li> <li>3. Feet pointing 5 to 1 or 10 to 2</li> <li>4. Weight on heels before squatting</li> <li>5. Hips break parallel</li> </ol>
Olympic Bar 1 Leg Stiff leg Deadlift	12, 10, 8, 6 & 4	2, 3, 3, 3 & 4	N/A	45 sec, 1 min, 1 min 30 sec, 2 mins & 3 mins	<ol style="list-style-type: none"> <li>1. Stand holding the bar with overhand grip and arms to side</li> <li>2. Standing on 1 leg, place weight on heels and push bum backwards</li> <li>3. Lower torso maintaining posture in spine with small curve in low back</li> <li>4. Keep bar close to you as you lower bar until feel stretch in hamstrings (approx just below knee). Repeat on other leg</li> </ol>
Barbell/EZ Bar Bicep Curl	12 (rest different please read)	2, 3, 3, 3 & 4	N/A	45 secs, 1 min, 1 min, 45 secs & 30 secs	<ol style="list-style-type: none"> <li>1. Feet hip/shoulder width, hold bar with underhand grip</li> <li>2. Start with elbows tucked in to body, lift bar leaving approx 15cm gap between shoulder and wrist</li> <li>3. Lower with control until arms are fully extended</li> </ol>

## Cycling Specific Programme - Cardio

### Session One

Session	Running	Walk recovery	Run: Time or distance	Speed (kph)	Sets	Heart rate	Weekly
1	Lactate Stacker Hill Climbs Fartlek efforts	4 minutes 2 minutes	2 minutes 2 minutes	6kph 4mins/14kph 2mins 6kph 2mins/12kph 2mins @ 3% incline	5 5	75-85% max HR 75-85% max HR	Follow for two weeks
1	800m @3k pace	Until HR has recovered (below 75%) = min 2 mins	800m	13.5kph (individual to fitness)	5	75-85% max HR	Follow for two weeks
1	1500m @5k pace	Until HR has recovered (below 75%) = min 2 mins	1500m	13kph (individual to fitness)	4	75-85% max HR	Follow for two weeks
1	2000m @10k pace	Until HR has recovered (below 75%) = min 2 mins	2000m	12kph (individual to fitness)	3	75-85% max HR	Follow for two weeks

### Session Two

Session	Exercise	Programme	Level/Resistance	Speed	Time	Sets	HR/RPE	Comments
2	TM	QS	1%	1%	6kph 4mins/14kph 2mins 6kph 2mins/12kph 2mins @ 3% incline	6-10kph	5 minutes	Gradually Increase HR & speed over 5 mins
2	Cycle	QS	10	10	13.5kph (individual to fitness)	12	85%	Push down on pedal through heel and pull up using foot straps - push and pull action
2	Cycle	QS	n/a	n/a	4	5 to 3.5kph	3-5 minutes	Aim to get HR <100bpm

Session	Exercise	Programme	Level/Resistance	Speed	Time	Sets	HR/RPE	Comments
2	Stretch	n/a	n/a	n/a	3	n/a	30sec each x 3sets	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

Session Three

Session	Exercise	Speed	Distance/Time	Sets	HR/RPE	Comments
3	Swimming	slow to mod.	5 minutes	n/a	60-85%	Gradually Increase HR & speed over 5 mins
3	Cycle	QS	10	10	13.5kph (individual to fitness)	Walk for 1 length recovery Rest for 1 minute between sets Rest for 30 seconds between sets
3	Walk in pool	walk	3-5 minutes	n/a	<120/<12	Aim to get HR <100bpm
3	n/a	n/a	30sec each x 3sets	n/a	n/a	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back