

Online Fitness Strength Training Basic

Strength Training for Cyclists

Presented by San Diego Training
Systems



Why should you incorporate a strength training program



Prevents injuries from cycling



Goal is to get you moving in different planes of motion

Cycling is all sagittal plane (we want to move also in transverse, frontal plane



Incorporate a routine for before and after cycling that includes

Foam Rolling and Stretching

What is Foam Rolling? What is Fascia?



Foam Rolling is to reset your bodies fascia



Fascia is a specialized system of the **body** that has an appearance similar to a spider's web or a sweater. **Fascia** is very densely woven, covering and interpenetrating every muscle, bone, nerve, artery and vein, as well as, all of our internal organs including the heart, lungs, brain and spinal cord.

Fascia around the body



Key areas to roll and stretch

Back, Glutes, Hamstrings, Quads, Calves, Pecs, IT Band.

Roll each part for 30 seconds

See video link below to see how we do it at San Diego Training Systems

Video link:

<https://www.youtube.com/watch?v=ZHJdVQO2mj8>

<https://www.youtube.com/watch?v=xIG6Al6hxxg>

Strength Training Concepts



Builds lean mass which builds resistance to injury



For cyclist low bone density is a problem (Osteoporosis)



Strength training builds bone density as well



We can additionally build power and endurance that complements cycling

Strength Training Basics



PUSH AND PULL
EXERCISES



DIFFERENT
PLANES OF
MOTION



CORRECT FORM



SETS FROM 2-4
AND REPS 6-15

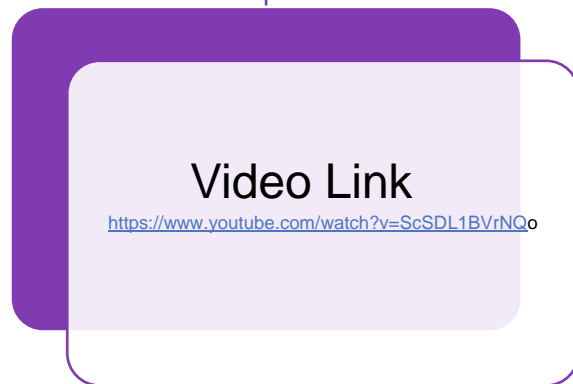
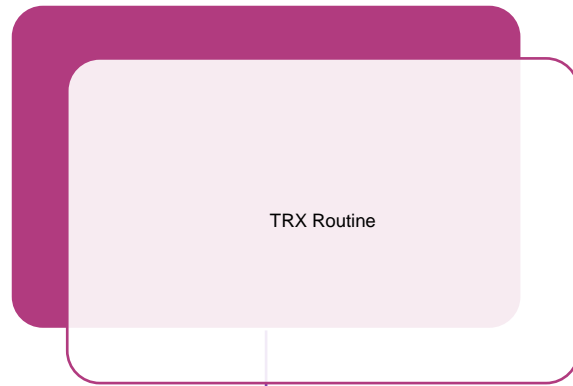
Cyclists Basic Floor work

Clams

Hip Bridge

<https://www.youtube.com/watch?v=lp4ACxWgDVU>

Basic Strength Workouts



I did not include Video on this part would be to long

End Goal



Increase overall strength and flexibility



Increase power and strength



Increase bone density



Reduce post ride soreness



Decrease injuries



Introduce new planes of motion

Questions



Fell free to email at mark.rago@gmail.com
or via phone at 858-945-3695



Website for further information or contact



<https://sandiegotrainingssystems.com/>



Thanks for you time and enjoy the camp.