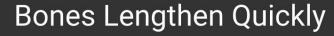


Learning to Fish STRENGTH & Conditioning

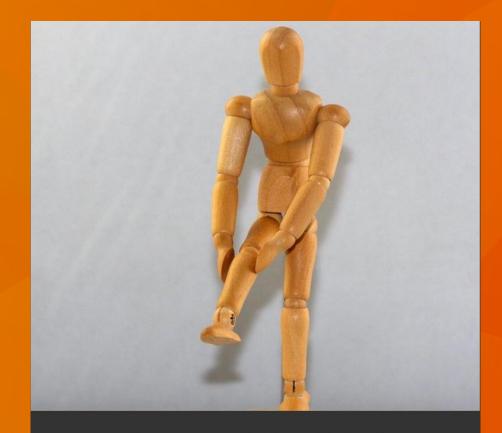
Who are we talking about?







Muscles and tendons do not grow and develop at the same time as bones. They can stretch to a point of tightness that means they can become ineffective.



Growing Pains Exist!

These are non-specific pains that can be experienced in lower limbs. Combating this pain can involve increased milk consumption, warm baths and even massage



Strong, not heavy!



WHY?

- Avoid injuries.
- Add balance to training. Cycling, especially road cycling, is a very limited set of movements.
- Bone health
- Heart health
- Mood
- Bang for BUCK



Which muscles?





Show me the routine!

Your age in minutes, continuously working:

- 6 X <u>Squat</u>/ <u>jumping squat</u>
- 30 Seconds <u>Plank</u> or <u>side plank</u>
- 6 (per side!) X <u>Lunge</u> / <u>calf raise</u>
- 6 X Pressup / suicide press-up
- 6 X Step up.
- 6 (per side!) <u>Superman</u> / <u>russian twist</u>

https://mtntactical.com/category/exercises/



What kit do you need for strength and conditioning?





Conditioning & Stretching





What gets sore/needs stretching?

- Quads
- Glutes
- Hamstring
- Neck/Shoulders
- Lower back



Stretching Ideas

https://www.onepeloton.co.uk/



Sun Salutations, Pigeon, hip openers. NOT Headstands

Free for 30 - 60 days. TALK TO YOUR PARENTS!

Yoga with Adriene - Cycle specific class

Simple hamstring stretches - After a tough ride





50 day challenge

- It will make you a better athlete
- A day is either stretching or strength
- Minimum of 2–3 days strength per week
- Hard day riding? passive Hamstring stretch with a pillow under your pelvis, (Learn your french vocab at the same time?)



PRIZES for successful completion of 50 day challenge!



See you in Zwift!

7:30 start with Martin and Duncan