



Learning to Fish

**STRENGTH**

&

Conditioning

# Who are we talking about?





## Bones Lengthen Quickly

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

<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/>

Lots of yoga and stretching classes – many cycling specific ones.

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





Has anyone  
got a pillow?



# 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