



The  
Ultimate Guide to  
**WEIGHT  
TRAINING**  
for  
**CYCLING**

*second edition*



**sportsworkout.com**

# CONTENTS

<b>Part I</b>	<b>CYCLING-SPECIFIC TRAINING</b>	
	Introduction .....	9
	Off-season Program.....	10
	In-season Program.....	16
	Functional Training for the Posterior Chain – Propulsion Needed for Cycling .....	18
	Protein: How Much is Enough? .....	20
	Post-Workout Recovery: A Must for Athletes.....	22
	Sports Drinks and Rehydration .....	24
	Pre-Event Fueling for Peak Performance .....	27
<b>Part II</b>	<b>GETTING STARTED.....</b>	<b>33</b>
	Warming Up.....	35
	Cooling Down .....	36
	Abs .....	37
	Stretching .....	45
	Proper Form.....	51
	Proper Breathing.....	52
<b>Part III</b>	<b>RECOMMENDED EXERCISES .....</b>	<b>53</b>
	Substituting Similar Exercises. ....	55
	Chest Exercises .....	55
	Back (Lats) Exercises .....	62
	Shoulders Exercises .....	68
	Triceps Exercises .....	78
	Biceps/Forearms Exercises.....	83
	Legs Exercises.....	89
<b>Part IV</b>	<b>THE NECESSITIES .....</b>	<b>97</b>
	Perfecting Your Technique .....	99
	Estimating Your One-Rep Max .....	100

The Different Folks, Different Strokes Principle .....	107
Overtraining and Staleness .....	108
The Declaration of Variation .....	110
Muscle Fibers.....	112
Training Techniques .....	114
When to Increase.....	117
Safety Reminders .....	124
Record Keeping .....	126
Test Yourself .....	129
Conclusion .....	129
<b>Part V SUPPLEMENTAL 4-WEEK PROGRAMS .....</b>	<b>131</b>
Endurance/Stamina/Fat-burning Programs .....	133
General Fitness/Power Programs .....	147
Strength Programs.....	161

**Part I**



**Cycling  
Specific  
Training**

# INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Cycling*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round cycling-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

The true importance of this book lies in the cycling-specific program. It was created for one reason and one reason only; to improve your cycling potential. It does this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for cycling. The program was designed to supply you with the advantage you will need to outperform your opponents. By following the program, you will build your muscles with strength and endurance as well as explosion, power, and agility. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.

Although the sport of cycling is primarily a sport focusing on lower-body strength and endurance, certain upper body muscle groups should not be ignored in order to achieve your maximum potential. This book does not overlook the importance of these muscle groups and has you training your entire body in order to increase your potential.

This book does not teach you how to improve your specific skills. It does not show you the best strategies to improve your technique, nor does it give you any tips on how to win a race. This book does, however, provide you with the best methods, program, and strategies available to physically improve your body and maximize your cycling potential!

with some sort of cycling to keep your body in proper shape. You must continue to stay on the bike and continue improving your form throughout the off-season to help keep your body loose and ready to compete.

## MUSCULAR ENDURANCE TRAINING

The first and third routines of the off-season cycle are to enhance your muscular endurance. Weight training for muscular endurance differs greatly from strength and power training. Strength training builds up size, bulk, and strength; power training builds explosion, speed, and intensity; and endurance training builds your stamina by enabling your muscles to work longer without fatiguing. Weight training to increase your muscular endurance requires many slow movement repetitions to train and build your slow-twitch muscle fibers, which are responsible for increased endurance and stamina.

The keys to endurance training are as follows:

**Low weight, high reps:** Proper endurance training calls for lifting light weights many times. Weights that are less than 60% of your one-rep max are ideal. With more repetitions comes increased muscular endurance, or the ability of your muscles to operate at a high level over time. Every additional repetition helps to increase your muscular endurance. Typically, sets involving at least 20 repetitions are considered to be training your muscular endurance.

**Great form and concentration:** While training for any purpose, great form and concentration are a must. Endurance training is no exception. To get the most of your endurance training, you must breathe properly and perform the exercise with smooth, rhythmic lifts.

**Proper breathing:** Breathing properly is extremely important in endurance training. As you perform repetition after repetition, your instincts will be to hold your breath. With each and every rep, be sure to inhale while lowering the weight on the eccentric movement and exhale while raising the weights on the concentric movement. Never hold your breath.