



AFM Fitness Co.

THE MOUNTAIN BIKE
PROCESS

An All-
Inclusive,
In-Depth
Training
Program to
Progress
your
RIDING

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*Disclaimer: Any movement poses a risk of injury if done incorrectly, therefore, adding resistance can increase this risk. All exercises should be performed with proper form. If you are new to resistance training it is highly recommended a certified coach or doctor approves your mobility levels to be fit for training. AFM Fitness is not responsible for any injuries sustained as a result of performing the exercises in this program.

Introduction:

Riding your bike is every mountain bike enthusiast's favorite way to not only progress their riding, but also escape from the pressures associated with day-to-day life. Over the past 40-plus years, mountain bike culture has largely been built around the premise of riding hard and partying just as hard. As a result many athletes who hit the gym are (still) asked "Why would you bother working out? You build all the muscles you need by riding." However, as our sport continues to progress, pro and amateur athletes alike have embraced the performance increases associated with improved fitness levels. Unfortunately, the most effective fitness areas have not been well documented, leaving many riders grasping at straws from snippets of pro training videos.

As a kid who grew up embracing the NWD series as a way of life, I also neglected the approach of using fitness to improve my riding. When I was introduced to the concept of working out (in a gym) in high school, I had the preconceived notion that fitness consisted of 2 basic fields: Weightlifting and Cardio. In my 15 year old mind weightlifting was for football players and body builders, people who I considered big and intimidating but not overly concerned with flexibility and injury prevention. Cardio on the other hand kept people lean, but was something I found incredibly boring. Luckily, I found myself enrolled in a "Sports Performance" class the next semester, where I began to learn about the various ways athletes train to perfect their craft, along with how different training methods affect the body. Needless to say I became hooked, completing all three levels of the course in consecutive semesters. Since then I have continued exploring different techniques to create the most efficient way to increase on-the-bike performance.

When it comes down to it, the essential elements of a successful MTB athlete are: Explosive Power, Kinesthetic Sense, Flexibility, and Cardiovascular Fitness. Being explosive has distinct advantages in almost every aspect of your riding, whether you need to bunny-hop over a fallen log, sprint up (or down) a stretch of a hill, pop off a large double, or even just quickly change direction on a trail, the faster you can do it the better. Kinesthetic sense is defined as being aware of muscular movement and position, or where your body parts are in relation to one another. As you I'm sure you can guess, this skill plays a key role in any trick, hard corner, technical line choice, or any other situation that requires bike control. Ever see someone do a trick and wonder "How do they get their bike like that?" chances are improved flexibility would go a long way in making certain positions more feasible for you, along with decreasing the chance of sustaining an injury when crashing. Finally, none of these skills are much good to an athlete if you're gassed by the time you get to the trails, improving your endurance will make you better for longer.

The following program is broken down into four different training phases, which will take place over a 4 or 5 month period, depending on the desired duration of each phase (more than likely the time the riding season is less than optimal where you live). It is worth noting that the majority of these exercises utilize basic gym equipment and will most likely require a

gym membership. You don't need to have previous weight training experience to reap the benefits of this program, but be sure to master form during Phase 1 (and continue to pay attention to it throughout the following workouts) to reduce the likelihood of injury.

-Andrew Mac Donald

Rituals:

Mornings are tough. There's really no way around it, most of us hit snooze 1 (or 5) too many times before scrambling to get out of the house on time. However, mornings are also one of the most effective times to get your body ready for the day with some form of dynamic stretching. If you don't already subscribe to a morning routine, I strongly recommend starting every day with the tried and true practice of the Five Tibetan Rite's. Start with the number of times which you can complete Rite #1, completing each of the following Rite's the same amount. From there try to steadily progress until each Rite can be completed 21 times.

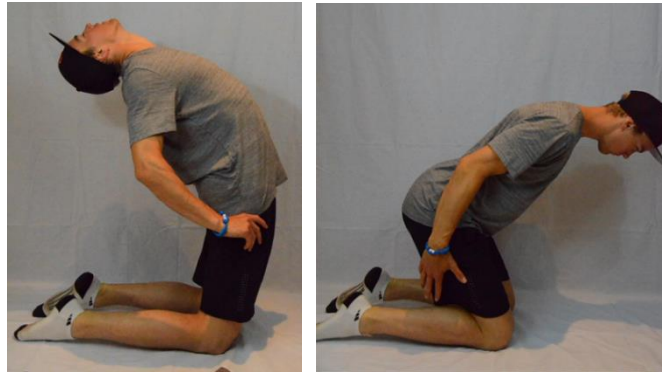
Rite #1: Clockwise Standing Rotation's



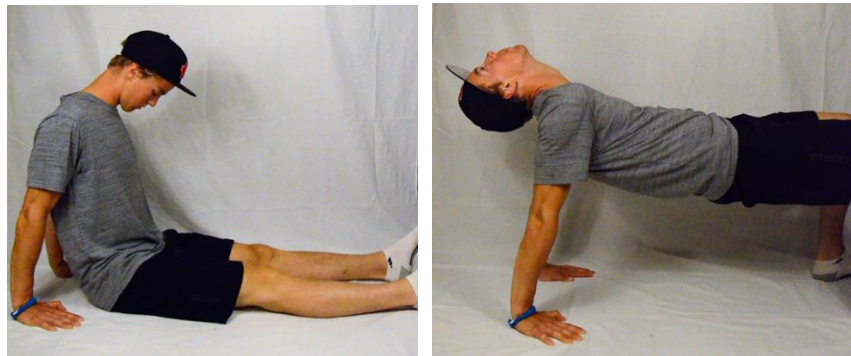
Rite #2: Lying Leg Raise



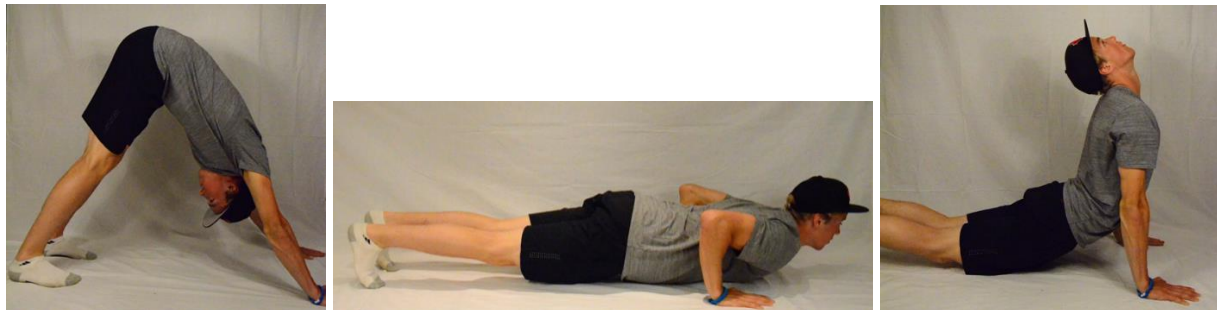
Rite #3: Kneeling Spinal Arch and Bow



Rite #4: Crab Walk Extension



Rite #5: Down Dog - Up Dog Transition



Doing this routine as soon as you wake up can help improve flexibility, boost metabolism, and build strength.

Phases and their Duration:

This program will be broken down into 4 phases during the off season: Anatomical Adaptation, Strength, Power Endurance, and Movement Training. Once completed, Maintenance workouts will help keep you in tip top shape throughout the season.

*Note: I strongly recommend pushing yourself by trying each workload in the recommended rep/set scheme. However if volume and fatigue are a limiting factor, reduce sets by 1, do 1-3 less reps, or both.

Train Your Body to Train

Phase 1: Anatomical Adaptation (4-6 Weeks)

This phase is designed to “train your body to train” which is done using workloads of 3 sets of reps of 10-15 at 40-60% resistance. The goal of this phase is to get what is most likely a broken down body riddled with nagging injuries back in shape, ready for more intensive training. This phase will have a 6 week timeline utilizing workouts with a strategic mix of core and auxiliary lifts, in order to work the whole body every session. It will be done 3 times a week with one or two cardio/cross training days a week.

The Phase 1 workouts are as follows:

Day 1

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Resistance</u>
Deadlifts	3	10-15	40-60%
Pull-Ups (assisted)	3	10-15	40-60%
Thruster Press	3	10-15	40-60%
Landmine Press (Single Arm)	3	10-15	40-60%
Landmine Twist	3	10-15	40-60%
Plyo Box Hops	3	5	40-60%

*Note: For the sake of your knees, ankles and all the connective tissues and ligaments in your lower body make sure to step down from box jumps (as opposed to jumping).

Core Circuit:

Incline Sit Ups	3	10-15	40-60%
Narrow, Neutral, Wide Push Ups	3	10-15	40-60%
Hanging Leg Raises	3	10-15	40-60%
Medicine Ball Chest Pass	3	10-15	40-60%

Day 2

Cardio: Stationary Bike/Rowing Machine (alternate between the two workouts, doing one every other week if possible): 1 min cycle of hard exercise followed by 1 min of light exercise, 30 sec rest x7. (Feel free to ride outside with a timer for bike intervals).

Day 3

Hanging Clean	3	10-15	40-60%
Tricep-Dips (assisted)	3	10-15	40-60%
Good Mornings	3	10-15	40-60%
OH Walking Lunge	3	10-15	40-60%

Core Circuit:

Ab Bicycles	3	20/side	40-60%
Punchers Push-Ups	3	5-10/side	40-60%
Shoulder Stand Leg Raises	3	10-15	40-60%
Overhead Medicine Ball Slams	3	10-15	40-60%
Plank	3	30-60 sec	40-60%

Day 4

Steady State: 20-30 min run (4-to-7 km or 2-1/2 to 4-1/3 miles) outside, on a treadmill, or elliptical machine depending on preference. *Note: If you have access to a swimming pool feel free to swim lengths for an awesome low impact workout.

Day 5

Back Squat	3	10-15	40-60%
Bench Press	3	10-15	40-60%
DB Row	3	10-15	40-60%
Shoulder Press	3	10-15	40-60%
Forearm Curl	3	10-15	40-60%
Lateral DB Raise	3	10-15	40-60%

Core Circuit:

Double Crunches	3	10-15	40-60%
Push-Up to Side Plank	3	5-10/side	40-60%
Bench Hops	3	10-15	40-60%
Rotating Lunge	3	10-15/side	40-60%

A person is seen from behind, performing a pull-up on a bar in a gym. They are wearing a grey tank top, dark shorts, and a black cap with a red maple leaf logo. A green wristband is visible on their left wrist. The gym environment includes various pieces of equipment like racks and mirrors in the background.

Grunt it Out

Phase 2: The Strength Phase (4 Weeks)

This segment of training involves moving a higher level of your 1 rep max for a lower number of reps. In this phase workouts are 3-4 times a week without any high stress cardio on days off, in order for the body to properly recover from the heavier lifts. One day of steady state cardio a week is sufficient. This phase will last for 4 weeks, starting after the completion of Anatomical Adaptation. These workouts will again use a mix of core and auxiliary lifts however in this phase you will focus on training specific body parts each workout. (Note only core lifts will be performed for 6-8 reps per workout, auxiliary lifts should still be performed for 10-12 reps at a lower resistance). Your weekly workouts will be built around the following body part layout:

<u>Focus Group</u>	<u>Sets</u>	<u>Reps</u>	<u>Resistance</u>
Legs	3-5	6-8	75-85%
Chest/Biceps	3-5	6-8	75-85%
Back	3-5	6-8	75-85%
Shoulder/Triceps	3-5	6-8	75-85%
Legs:			
Back Squats	3-5	6-8	75-85%
Front Squats	3-5	8-12	65-75%
Leg Press	3-5	6-8	75-85%
Rotating Lunge	3-5	10-12/side	65-75%
Hamstring Curl	3-5	8-12	65-75%
Standing Calf Jumps	3	20	N/A
Chest/Biceps:			
Bench Press	3-5	6-8	75-85%
Incline DB Press	3-5	6-8	75-85%
Chin-Ups (weighted)	3-5	6-10	70-80%
Push-Ups (weighted)	3	6-10	70-80%
Forearm Curl	3	8-12	65-75%
Wrist Rolls	2	1 Forward/1 Backward Rotation	
Shoulder Taps	3	20	N/A
Hanging Leg Raise	3	10-15	N/A
Back:			
Deadlifts	3-5	6-8	75-85%
Pull-Ups (weighted)	3-5	6-8	75-85%
Bent Over Row	3-5	6-8	75-85%
Good Mornings	3	8-12	65-75%
Lat Pull Down	3	8-12	65-75%
Balance Ball			
Jackknife	3	20	N/A
Side Plank	3	30 sec/side	N/A

Shoulders/Triceps:

Military Press	3-5	6-8	75-85%
Tricep Dips (weighted)	3-5	6-8	75-85%
Rockstar Press	3-5	6-8	75-85%
Landmines	3	10-12/side	65-75%
Thruster Press	3	10-12	65-75%
DB Pullover	3	10-12	65-75%
Lateral Raises	3	10-12	65-75%
Diamond Push Ups	3	15-20	N/A
Double Crunches	3	15-20	N/A

Increase Power without the Bulk



Phase 3: Power Endurance (4 Weeks)

Here you will focus on becoming explosive and improving power transfer for the upcoming season. Instead of working strictly on lifting as heavy as possible, you will be performing a high volume, low rep, but highly intense routine. This translates into the ability to consistently harness the strength you have created leading up to this point. You will be performing lifts in the range of 65-85% of your 1RM, doing a very high number of sets but a low number of reps, combined with short rest times between each set. You can start with a lower weight (65-70% of your 1RM) and 25-35 seconds of rest, while trying to add 5-10 pounds each week. Alternatively, start with a heavy weight (up to 85% of your 1RM) and ~60 sec of rest, while trying to decrease rest times by 5-10 seconds each week.* Each workout will be done twice a week. The following routine will build balanced overall strength that benefits on the bike movements, without requiring excessive recovery periods.

*This method has been adapted (with permission) from the bodybuilding.com article *Strength-Endurance Training: Be Stronger... Longer* by MMA Trainer Matt Wiggins.

<u>Exercise</u>	<u>Sets/Reps</u>	<u>Resistance</u>
<u>Workout 1:</u>		
Clean and Press	15 sets of 2 reps	65-85%
Pull-Up	15 sets of 2 reps	65-85%
Bench Press	10 sets of 2 reps	65-85%
Trap Bar Deadlift	20 sets of 1 rep	65-85%
Core Routine (1-3 Exercises – try to frequently include push-up variations and rotational variations)		

Sample: Swiss Ball Twist 2x10/side and Knee-to-Tricep Push-Up 2x5/side

<u>Workout 2:</u>		
Tricep Dips	20 sets of 3 reps	65-85%
Front Squat	20 sets of 2 reps	65-85%
Bent Over Barbell Row	12 sets of 2 reps	65-85%
Unilateral Military Press	6 sets of 4 reps	65-85%
Core Routine (1-3 Exercises – try to frequently include push-up variations, medicine ball slams/throws and rotational exercises)		

Sample: Lower Back Extensions 3x15 and Double Crunches 3x15

Cardio: The above workouts will raise your heartrate considerably each workout, however it is necessary to keep up with some form of cardio to target lung capacity. Choose one of the workouts below to perform once a week:

Intervals: Stationary Bike/Rowing Machine (alternate between the two workouts, doing one every other week if possible): 1min cycles of Hard/Light, 30 sec rest x7. (Feel free to ride outside with a timer for bike intervals).

Steady State: 20-40 min run (4-to-7 km or 2-1/2 to 4-1/3 miles) outside, on a treadmill, or elliptical machine depending on preference. *Note: If you have access to a swimming pool feel free to swim lengths for an awesome low impact workout

Workout 5:

-Leap to Box Jump:	2 sets of 4-8	65%-85%
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Starting about 5-10 feet from a plyo box/bench, leap as far as you (comfortably) can towards the box while landing softly. Fluidly continue into a crouch before exploding upward into a vertical jump. Land softly, then step off the box (not jump) and walk back to your starting point. Repeat. (Do not exceed 5 reps if you have a history of reoccurring/are recovering from knee surgery, spinal injuries/conditions, or large muscle related injuries (sprains/tears).)

-Foot/Plank Agility Square: 2 sets of 1 N/A

(Find an open space to set up a square with sides the length of roughly 4-6 strides. Shuffle around the square moving forward, right, backwards and left. Complete one rotation before pivoting to repeat in the opposite direction. Next drop down to a push-up plank position. First crawl forward, bending your knees as much as necessary to move without disengaging your core. Repeat to the right, backwards and to the left. This is one repetition. (You will most likely be able to move faster laterally than forwards/backwards).)

Medicine Ball Chest Pass/Lateral Throw: 2 sets of 10-10-10 65-85%

(Throw a medium weight medicine ball against a wall or with a partner. Upon completing 10 repetitions shift your body 90 degree's to perform 10 more throws, starting the motion at the hip facing away from the wall. Repeat on both sides.)

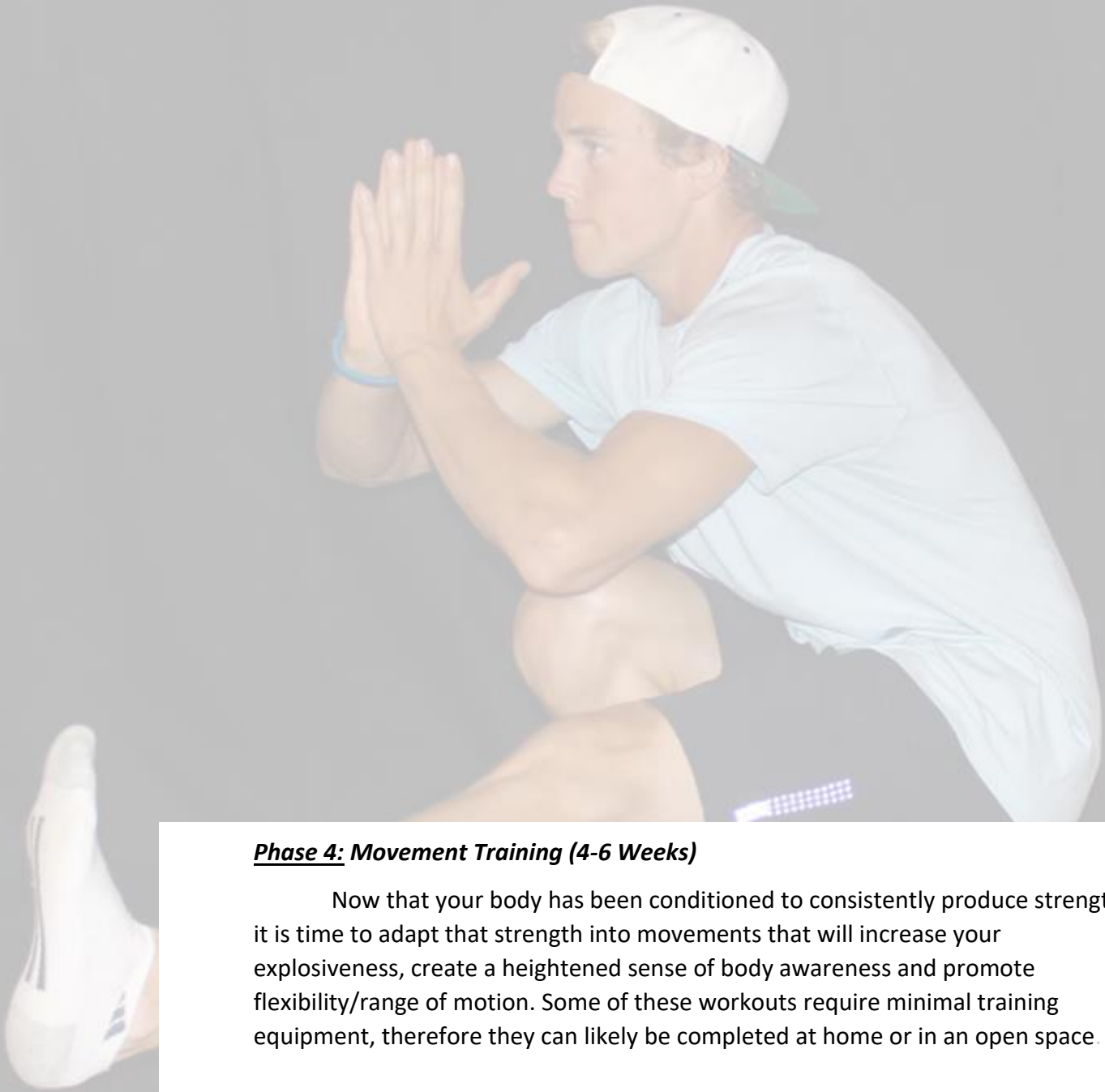
Single-arm Farmers Carry: 2 sets of 1/side 50-85%

Pick up a KB/DB/Plate (or a more awkward object if available) with one arm and walk a 25-100m distance. Repeat with the other arm.

Turkish Get-Ups: 2 sets of 10 55-75%

Lie on your back with a kettlebell (can be done with a dumbbell if necessary, but a KB is much better) beside your right shoulder, grab the weight and press it straight above your shoulder (keeping your elbow straight), curl your right leg so that your foot is flat on the floor below your glute. Next begin to press yourself upward using your right leg and left arm, once the weight is transferred to your right leg and left arm, pivot your left leg underneath you into a short lunge. Stand up keeping the KB above your head the whole time.

Transitioning from the Gym to the Bike



Phase 4: Movement Training (4-6 Weeks)

Now that your body has been conditioned to consistently produce strength it is time to adapt that strength into movements that will increase your explosiveness, create a heightened sense of body awareness and promote flexibility/range of motion. Some of these workouts require minimal training equipment, therefore they can likely be completed at home or in an open space.

Animal Walking Warm-Up (Perform this before each workout to get your blood flowing, increase kinesthetic awareness and prepare your body for the upcoming workload).

Lizard Walks: Start in a push-up plank position, now move your right hand forward approximately 6-8 inches while lifting your left foot forward and out into a 90 degree bend (keep your leg in the air if possible), set your leg down and “walk” forward, mirroring the motion on the other side. Aim for 10 reps per side.

Bear Crawls: Start on your hands and knees with a flat back and braced core, tuck your toes and lift your knees 1-2 inches off the ground. Move your hands and legs forward maintaining this position switch it up by moving forward, sideways and backwards.

Duck Walks: Crouch down in a low squat with a staggered stance, with your butt resting on or just above your back foot. Stay low and move forward in this position (if you find yourself dragging your toes on the way through try shortening the length of your steps).

Horse Walks: Stand with your legs more than shoulder width apart, crouch down to a parallel squat, now twist your heels out as far as possible (it’s not far in this position). Shift your weight onto your right leg and step forward with your left leg (straightening it in the process) repeat on the other side, making sure to stay low the whole time.

Bear-Crab Transition: (Crab Walk Pose: Sitting on the floor with your feet flat on the floor in front of you, hands on the floor under your shoulders just wider than shoulder width apart, lift your hips up until your arms are straight and your legs are bent at 90 degrees. Side note: Your fingers should be pointing forward). Starting in a Bear Walk pose, lift your left arm up and twist your torso backwards until you can reach the ground on the other side (your feet will turn over during this process), readjust your hands to Crab Pose, hold momentarily then reach your right hand back over to Bear pose.

Workout 1: 5 Set circuit of (rest 45 seconds between sets):

Mini Burpee’s: 10

(Start in a push-up plank position, jump forward into a low squat, raising your hands to shoulder height in the process. Hold briefly then bounce back to plank. Repeat as quickly as possible)

Power Leap: 5

(Crouch down into a power squat position, explode forward as far as possible while being able to land on the balls of your feet, swinging your arms backwards for momentum. Immediately repeat)

Pike/Assisted Wall/Handstand Push-Ups: 5-8

(Start in down dog, lower your head to the ground then push back up, these double up as a good hamstring stretch. Progress by moving your legs up a wall as shoulder power improves).

Unilateral Deadlift Jump: 5/side

(Stand on one leg in an athletic position, bend at the hips until your chest is parallel with the floor and your back leg is straight out behind you. Swing your arm forward while rising upwards into a jump, bringing your “unused” leg towards your chest. Land softly on the same leg and repeat all reps before switching sides)

Clap Push-ups: 5

(Drop into a push-up, then explode upward, lifting your hands off the ground and clapping them together before you hit the ground. Repeat. *Variations: If clapping is unrealistic between each rep, lift your hands off the ground without clapping. If this is unrealistic, do regular push-ups. If regular claps are too easy try clapping behind your back.)

Cross-legged Get Up: 5/side

(Lay on your back in a loose ball cross-legged, roll forward and rise upward into a jump while balancing on your inside leg, land gently and roll back onto your back. Switch the way your legs are crossed after 5 repetitions. Work into it by assisting yourself upwards with your hands, and or rising on both legs)

**Finisher: 15 Burpee’s once you have completed the 5 sets.

Workout 2:

Clean and Press	15 sets of 2 reps	65-85%
Bench Press	15 sets of 2 reps	65-85%
Front Squat	20 sets of 2 reps	65-85%
Barbell Row	10 sets of 3 reps	65-85%

Core Routine (1-3 Exercises – try to frequently include push-up variations and rotational variations)

Sample: Lunge Slams 2x10/side and Shoulder Stand Leg Raises 2x15

Workout 3: 3 Set circuit of (rest 45 seconds between sets):

One-legged Skier Hops: 10/side

Stand on one leg and jump in a four point diamond “circling” your starting point, each completed rotation is one rep. Once completed, switch legs and repeat.

Exercise Ball Push Ups:

9-15

Place your hands close together on the top of a balance ball, brace your core and lift your right leg off the ground. Do 3-5 push-ups, then switch legs. Finish with 3-5 more with both feet on the ground.

DB/MB/KB Wood Chop:

10

Grab a Dumbbell, Medicine Ball, Plate or Kettle Bell with both hands, now with your knees slightly bent lift the weight from your right hip to above your left shoulder in a swift controlled motion (If you're somewhere you're able to throw the MB, it will help increase effectiveness of the exercise). Lower the weight back down to your left hip and repeat the movement, alternating sides after each rep.

Kneeling Jump to Air Squat:

5-8

Starting in a kneeling position, load your hips and (while swinging your arms) explode upwards, jumping from your knees to your feet. Quickly stand up, then crouch back down to complete the air squat. (Try to land as "high" in the squat as possible to reduce the load on your knees)

Turkish Get Ups:

5/side

Lie on your back with a kettlebell (can be done with a dumbbell if absolutely necessary, but a KB is much better) beside your right shoulder, grab the weight and press it straight above your shoulder (keeping your elbow straight), curl your right leg so that your foot is flat on the floor below your glute. Next begin to press yourself upward using your right leg and left arm, once the weight is transferred to your right leg and left arm, pivot your left leg underneath you into a short lunge. Stand up keeping the KB above your head the whole time.

****Finish last set with 200 (fast) skips****

Workout 4:

Regular Deadlift	15 sets of 2 reps	65-85%
Tricep Dips	15 sets of 3 reps	65-85%
Pull-Up	15 sets of 3 reps	65-85%
Unilateral Military Press	10 sets of 3 reps	65-85%

Core Routine (1-3 Exercises – try to frequently include push-up variations, medicine ball slams/throws and rotational exercises)

Sample: Puncher's Push-Up 3x5/side, Bicycle 3x20 and Leg Raises 3x15

Workout 5: Keep this work out lighter than your other workouts (other than inverted rows, bodyweight is bodyweight), its main purpose is to keep your body used to frequently performing movements that relate to your riding.

<u>Exercise</u>	<u>Sets/Reps</u>	<u>Resistance</u>
<u>Resistance:</u>		
Inverted Rows	3x10	Bodyweight
Sequential Box Hops	3x3	Bodyweight
180 Twist Box Hops	3x10/side	Bodyweight
Trap Deadlift Calf Raise	3x5	40-60%
Skater Squats (Hold light weights or pray)	3x6-8/side	40-60%
Pull-Up Burpee	3x6-8	Bodyweight

Core:


Plank with Feet on Bosu Ball	3x1min hold	Bodyweight
Balance Ball Rear Delt Raise	3x10	40-60%
Grip Strength Plate Flips	3x12-15	40-60%
Iso-Hold with Overhead Rotation	3x10/each way	40-60%

(Sit on the floor holding a plate/DB/KB/MB in your lap with your back upright and shoulders back, lift your feet off the floor a few inches while leaning back slightly to find your balance point. Now raise the weight above your head and move your arms in a controlled circular motion around the top of your head. Complete 10 reps before rotating the opposite direction.)

Finisher:

Rowing Circuit	10 min Finisher	(1 min work 1 min rest x 5)
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Staying on top of Fitness In-Season

A man wearing a white cap and a light blue t-shirt is shown in a crouched, athletic stance, leaning forward with his arms extended. He is wearing a blue wristband on his left wrist and dark shorts with a blue grid pattern on the side. The background is a plain, light gray.

Maintenance Phase (Continuous In-season):

Your body has been meticulously prepared to make the next season your best feeling and performing season yet, however in order to continue to reap the benefits of your hard work you can't just drop training completely. On the other hand if you move forward with the same intense training program, chances are you'll burn out. The following maintenance phase will involve 1-3 workouts a week in order to allow your body to keep functioning at its best.

This phase takes place throughout the riding season, allowing you to spend the majority of available time riding or doing other mountain bike related activities. These workouts will once again harness the use of power endurance workouts mixed with explosive movements, albeit at lower overall intensity.

Workout 1:

Clean and Press	10 sets of 2 reps	60-80%
Bench Press	10 sets of 2 reps	60-80%
Front Squat	15 sets of 2 reps	60-80%
Trap Bar Deadlifts	15 sets of 1 rep	60-80%

Workout 2:**Resistance:**

Inverted Rows	3x10	Bodyweight
Sequential Box Hops	3x3	Bodyweight
180 Twist Box Hops	3x10/side	Bodyweight
Skater Squats	3x6-8/side	40-60%
Pull-Up Burpee	3x6-8	Bodyweight

Core:

Bosu Ball Feet Plank	1min hold	Bodyweight
Balance Ball Rear Delt Raise	3x10	40-60%
Rotational Lunge	3x10/side	40-60%
Grip Strength Plate Flips	3x12-15	40-60%
Iso-Hold with Overhead Rotation	3x10/each way	40-60%
Turkish Get Up	2x10/side	40-60%

Workout 3: 5 Set circuit of (rest 45 seconds between sets):

Mini Burpee's: 10

(Start in a push-up plank position, jump forward into a low squat, raising your hands to shoulder height in the process. Hold briefly then bounce back to plank. Repeat as quickly as possible).

Power Leap: 5

(Crouch down into a power squat position, explode forward as far as possible while landing on the balls of your feet, swinging your arms backwards for momentum. Immediately repeat).

Pike/Assisted Wall/Handstand Push-ups: 8

(Start in down dog, lower your head to the ground then push back up, these double up as a good hamstring stretch. Progress by moving your legs up a wall as shoulder power improves).

Unilateral Deadlift Jump: 5/side

(Stand on one leg in an athletic position, bend at the hips until your chest is parallel with the floor and your back leg is straight out behind you. Swing your arms forward rising upwards into a jump, bringing your "unused" leg towards

your chest. Land softly on the same leg and repeat all reps before switching sides).

Clap Push-ups: 5

Cross-legged Get Up: 5/side

(Lay on your back in a loose ball cross-legged, roll forward and rise upward into a jump off of your inside leg, land gently and roll back onto your back. Switch the way your legs are crossed after 5 repetitions. Work into it by assisting yourself upwards with your hands, and or rising on both legs)

Duration of the Transition Period

The two main transition periods of this program are the first phase of training (Anatomical Adaptation). In this phase the athlete is likely transitioning from riding every day while performing a low number of workouts per week, into off-season conditioning, re-strengthening a likely broken down body. The other transition is the Movement Phase, where the athlete is transitioning from focusing on fitness to spending the majority of their time on the bike again. The successful implementation of these periods should provide athletes with the best opportunity to capitalize on their training in the off-season to achieve peak performance during the riding season.

Expected Progression of Workload throughout the Program

Throughout the program there will be a variety of changes in the volume to intensity ratio, these changes are outlined below:

<u>Phase</u>	<u>Sets</u>	<u>Reps</u>	<u>Resistance</u>	<u>Volume-to-Intensity</u>
1	3	10-15	40-60%	High Volume/ Lowest Intensity
2	3-5	6-8	75-85%	Lower Volume/ Higher Intensity
3	10-20	2-4	70-85%	Highest Volume/ Medium Intensity
4	3-15	2-20	50-85%	High Volume/ Medium Intensity