

Road bike Cross training



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Elements for today

Road bike realities

Armoured core concept

Mobile rider

Stabilizers & posture training

Main mover power training

Critical points



Road Bike Realities

Long rides

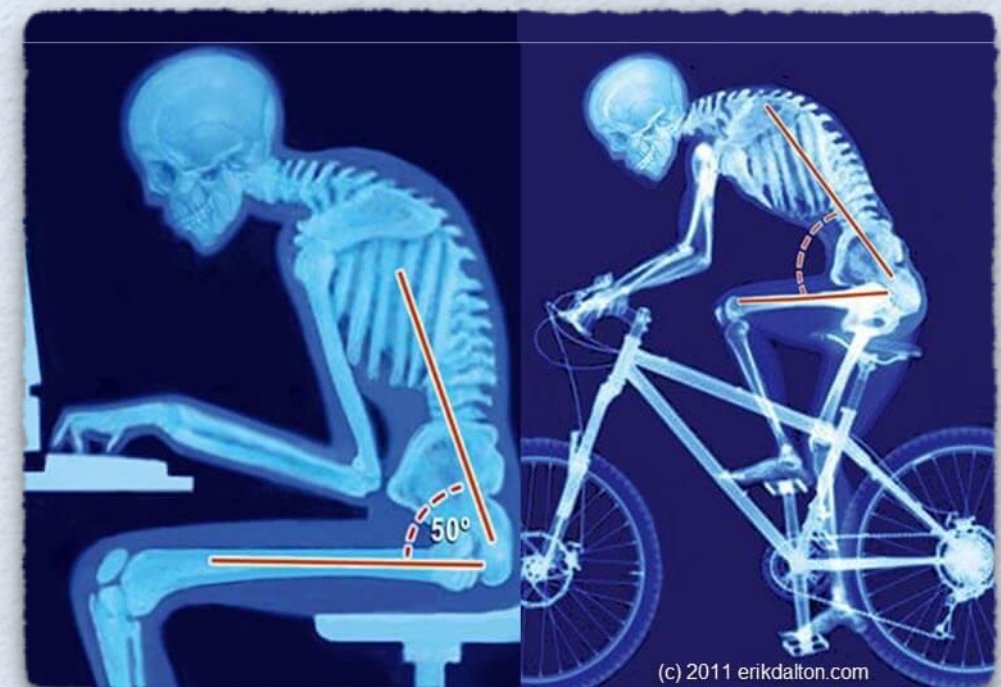
Endurance training

Power & explosive training

Stabilization training

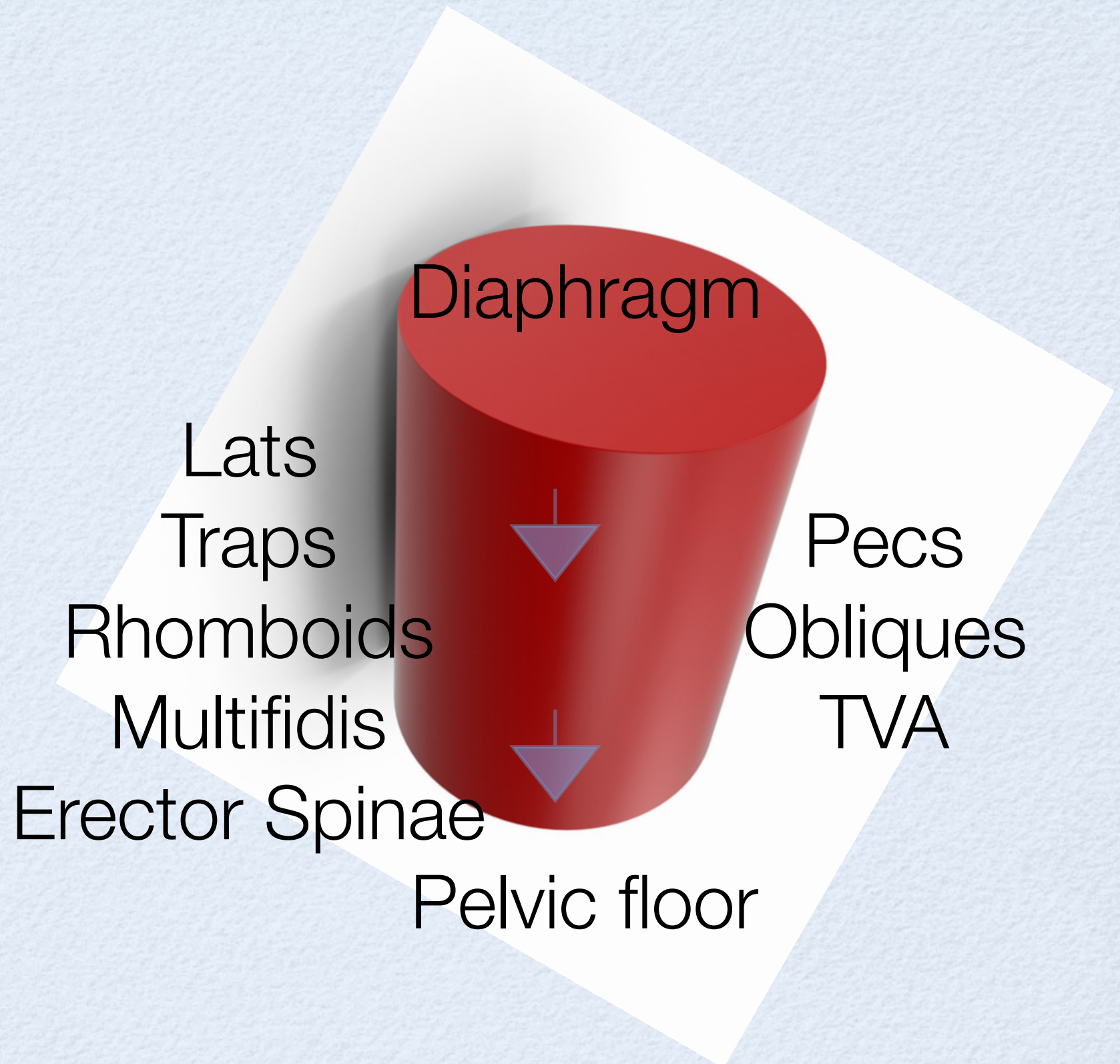
Lack of mobility / flexibility

X training

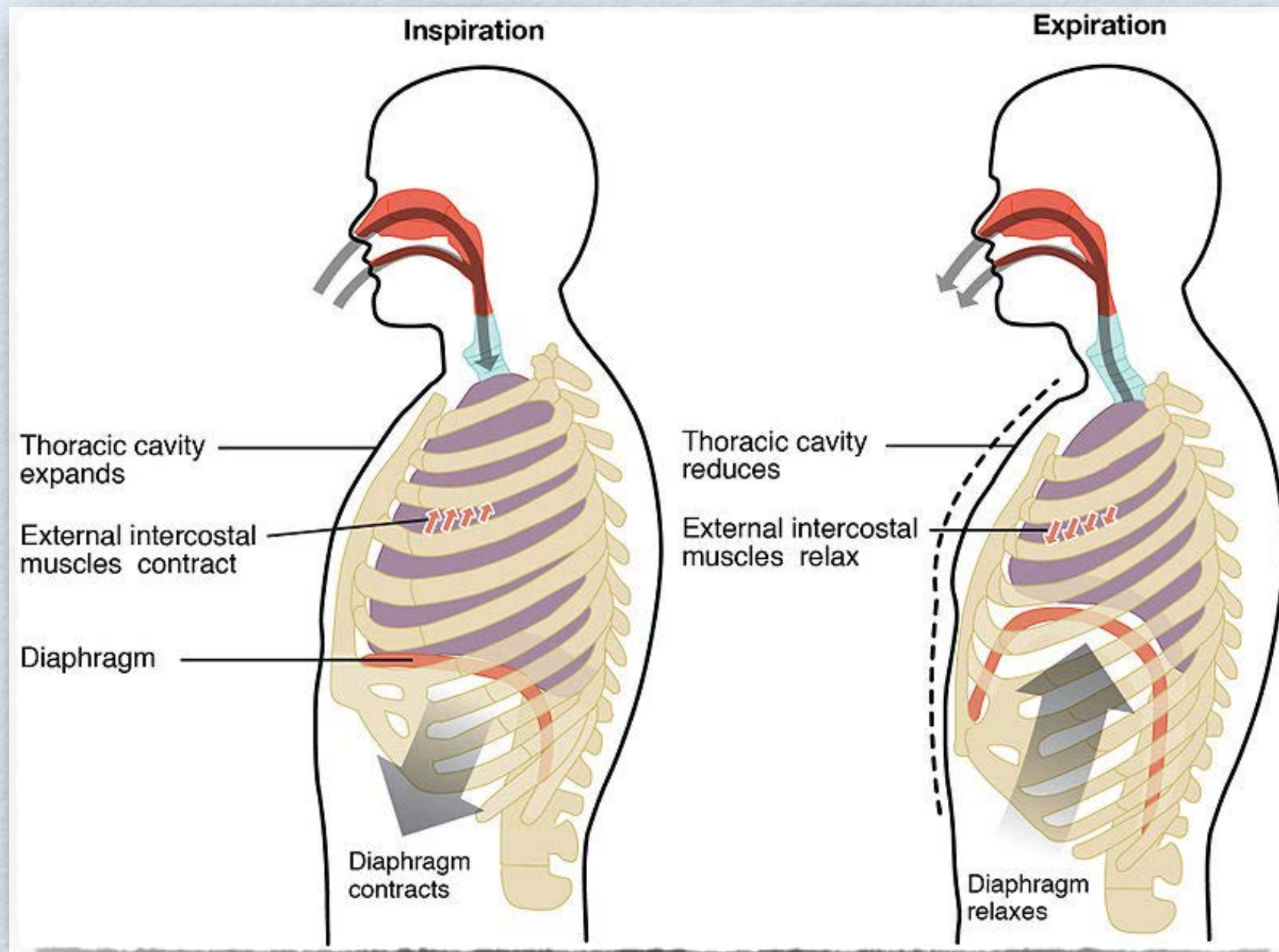


Armoured Core Concept

- *CREATE A BASE WITH A BRACE*
- Solid base is what stabilizes the head, arms and legs
- 3D TEAM must work together
- Opposing groups work together
- *Diaphragm and PF critically associated



Firing the core movers



Armour up!

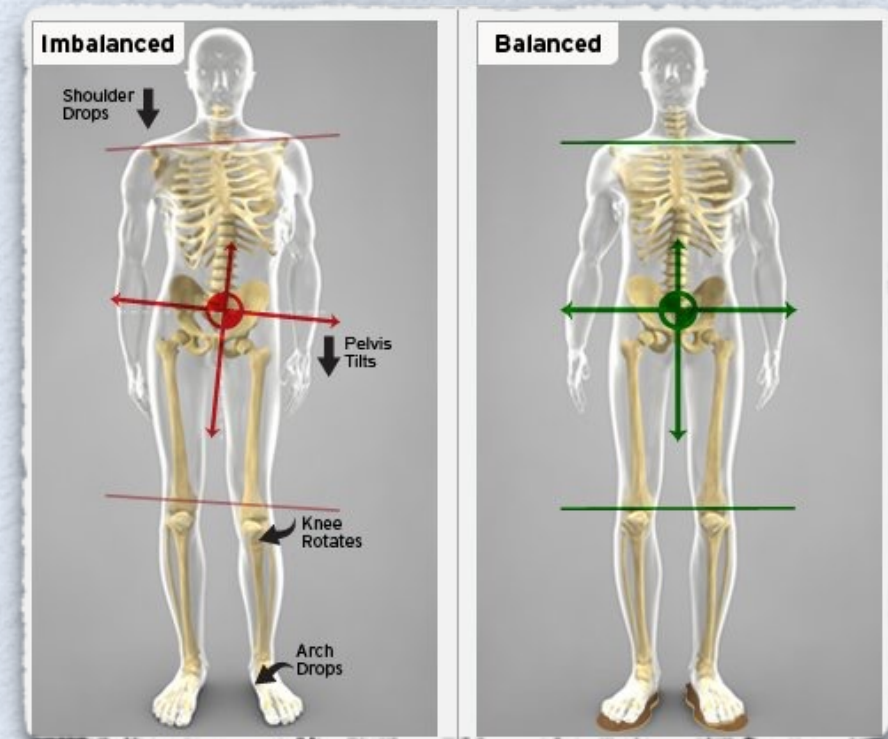
-PF, PT, rib scoop,
scapular set,
head

-Diaphragmatic
Breathing

Mobility, Stability & alignment

Joint Mobility is defined as:
the degree to which an articulation is allowed to move before being restricted by surrounding tissues (ligaments/tendons/muscles etc.)...
otherwise known as the range of uninhibited movement around a joint.

Joint Stability is defined as:
the ability to maintain or control joint movement or position. Stability is achieved by the coordinating actions of surrounding tissues and the neuromuscular system.



Main mover power training

Location	Drills / Exercises
On Bike	Warmup Cadence Drill HR threshold Pyramid Sally up, Sally down Unilateral power drill
Off Bike	Lunge and overhead swing 3 pt repeaters Miniband / tubing lateral shuffles Tubing rows Ball Global Pullovers Tubing Southern Cross Up / down plank Side plank mermaid Long arm plank renegade row / back tap Standing overhead press with posterior resistance Ankle up taps

Use tools such as:

TRX

tubing

Bosu

Step

or a wobble board

to increase the challenge!

Critical points

- Increase awareness when riding
- Make a point of X training once per week
- Assess and work on stability, mobility & flexibility
- Focus on core stability when riding x2 week
- To max power potential train for HR, cadence and endurance climbing
- Avoid over-training - **Quality over Quantity**





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