

TRAINING TIPS

Warm up for at least ten minutes

Have a look at our stretch and exercise circuit

Stretch after your ride to avoid poor flexibility

The rounded shoulder position that you use on the bike can lead to overstretched upper back muscles and a tight chest, so try to spend a few minutes stretching after each ride

Reduce the low back pain by adjusting your seat

The incidence and magnitude of back pain in cyclists can be reduced by appropriate adjustment of the angle of the seat, precisely by adjusting the seat angle so that the back is higher than the front.

Use gym machines that focus on aerobic exercise

eg. rowing machine, cross-country skier, stepper/climbing machine, exercise bike

Plan recovery time into your schedule

To retain your cycle strengths, you need to cycle quite often, at least twice a week. You should always give yourself adequate recover time. Two-four outings a week is enough.

Go for long rides

The foundation of your cycle training should be weekly or fortnightly long rides. This will build your endurance. Anything upwards of one hour is recommended.

Try biking intervals

To balance out your long ride, try experimenting with some faster-paced riding. Sessions can be infinitely varied, but basically you are looking to ride faster for a short period, for example 10 minutes, followed by a recovery period and then a couple of repeats of the faster effort. Always include a good warm-up and cool-down before and after your session

Build up cycle strength...

Increase your leg strength through leg press weights, lunges and bodyweight squats. Bicep curls and tricep presses will strengthen your arms and keep them balanced. Dumbbell rows and lat pull-downs will focus on upper to mid back strength, while back extensions will train the lower back.

... but don't overdo it

Taking time out from cycling to do strength training will probably lead to a decline in cycling efficiency and skill level. The exceptions are abdominal and lower back exercises that can help prevent lower back pain which you must incorporate in your regular trainings.

Training indoors

Stationary bikes can give you a good workout, but aren't as good as the real thing. A better alternative is a turbo trainer, which fits to the back wheel of your own bike, enabling you to train at home. Also consider rollers and spinning classes.

Gym training doesn't prepare you for the outdoors

But that doesn't mean you should neglect the gym. Two hours of quality gym workout is worth two hours on the road