



MTN BIKE STRENGTH PLAN

Overview

MTNB is an 8 week strength plan specifically for cyclists to improve durability and performance for the demands of mountain biking. Excessive repetitions associated with endurance activities can lead to joint and connective tissue damage over time as muscle fatigues and the body's stabilization system is unable to maintain optimal joint alignment. Like a credit card that gets folded or bent over and over again, eventually the system/tissue breaks down. In addition, a weaker body and poor joint alignment "leak power" leading to suboptimal movement patterns and reduced performance.

You'll train 2x/week for total of 16 sessions. Always leave at least one day for recovery between strength sessions. You may do cardio/aerobic training and strength training on the same day. Do not however strength train on the same day as a major endurance event as this will leave you taxed and unable to perform at your best.

This program is best used as an off-season plan for both inexperienced/experience athletes or in-season plan for experienced athletes with prior strength training history.

Session Design

The sessions utilize a systematic design to develop full body strength, power, core conditioning and metabolic work capacity. The sessions end with foam rolling for tissue restoration and enhanced recovery.

The Warm-up consists of 3 rounds of a lightly loaded lift and dynamic stretch similar to movement pattern of the main strength exercise for that day's workout, plus 1 hip and 1 shoulder mobility drill.

The Strength portion utilizes Barbell Complexes (complete all reps of 3 exercises before putting the bar down). Complexes develop "connected strength" which allows the body to express strength as an integrated unit enhancing athletic performance. We pair the Complex with a lower body power movement limited to 3 explosive reps using similar muscle/movement patterns. Studies have shown training Strength and Power together, improves both faster than training each in isolation while also improving athletic movement. A second hip mobility drill is added to the strength set as active rest. You'll use a "hard but doable" loading parameter for the strength exercises.

Core / Conditioning Circuit. Real world experience has taught us that athletes rarely perform lying down or holding extended isometric contractions (static/not moving). In addition, the core is really designed to maintain spinal alignment during dynamic loading and extended bouts of muscular endurance. Think about a long climb, riding over variable terrain or a quick sprint.

We've found that doing core exercise in kneeling or standing positions, often while moving dynamically has produced far better results in terms conditioning, athletic performance, and durability. We pair 2 total body core movements and 1 rational core movement in a 3-10 round endurance session of continuous movement lasting up to 12 minutes.

These circuits are also extended bouts of cardio and muscular stress at high, but sub maximal levels (not to failure). This means you want to sustain a high level of intensity for the entire circuit with virtually no rest breaks - "continuous movement". These circuits are hard and not only train physical conditioning but "mental toughness" as well.

Recovery

The sessions finish with foam roller work and a second shoulder mobility drill to restore tissue quality and aid in muscle recovery. Don't skip this part of the workout - your tissues will thank you?

Common Questions

How long should the sessions take?

The sessions should take about 45-60 minutes. If you are taking longer than 60 minutes, you are either resting too long between rounds and or lingering on the mobility/stretch drills. If these sessions are only taking 30 minutes, then you aren't lifting heavy enough. Complete the complex lift then immediately perform the explosive power movement (3 reps), then use the stretch as "active rest" of about 30-60 seconds. Complete the strength circuit exercises as a giant set with no rest between exercises - then rest 1 minute between sets.

What does 5/5x mean?

Used to designate unilateral exercises. Do 5 reps on one leg or arm and then 5 reps on the other leg or arm. Or if an exercise alternates sides like a lunge and it just says 10x then do a total of 10 lunges (5 each leg).

What does "hard but doable" mean?

Exactly what it says. Last several reps of the main strength exercises should be hard but not to failure. Don't over complicate it. You'll be working hard during this program. Use "common sense" and be smart when adding load. Maintain proper joint position/alignment under load - this goes for all lifts. Get strong but don't get injured.

If you miss a day, don't skip ahead. The programming is progressive and builds on itself. Simply pick-up where you left off and continue with all sessions in order until you complete the program.

What if I'm unfamiliar with some of the exercises?

No problem, click [HERE](http://www.southyubaclub.com/exercises) to access our on-line video demos of the exercises (www.southyubaclub.com/exercises).

Do you have any workout nutrition suggestions?

Protein demands for endurance athletes are generally quite high. In fact the body will often rob protein from upper body muscle groups to enhance protein synthesis for the higher demands of lower body tissue repair/protein turnover. This often leads to an emaciated upper body.

Drink a protein shake (approx 25 grams of protein) within 20 minutes of completing your training session. Don't get too hung up on brands of protein. Just get a good quality protein shake with a taste you like and go with it.

Drink plenty of water along with 4-6 grams of fish oil per day to improve recovery.

Good luck.

----- **START** -----

WEEK 1

Workout 1

Warm Up - 3 rounds

- Goblet Squat 10x
- Butt Kicks 5/5x
- Founder 15 secs ea
- T-Dog 5/5x
- Pigeon Stretch

Strength - 3 rounds

- BB Complex: SQT 8x + MP 5x + RW 8x wt _____
- Box Jump 3x
- Instep Stretch

then compete 4 rounds of the drills below as a circuit...

- TRX Suspend Lunge 8/8x
- KB Floor Press 8/8x wt _____
- Pullups 4x

Core / Conditioning - 3 rounds

- Sand Bag Getups 4/4x
- Ball Slam 8x
- 60 ft Sled Push

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

Workout 2

Warm Up - 3 rounds

- DB Rev Lunges 10x
- Leg Swings 5/5x
- Good Mornings 10x
- Instep Stretch
- Floor Slides

Strength - 3 rounds

- BB Complex: LNG 8/8x+ MP 5x + RW 8x wt _____
- Long Jump 3x
- Pigeon Stretch

then compete 4 rounds of the drills below as a circuit...

- SLDL 8/8x wt _____
- SA KB Pushups 8/8x
- Horizontal Pullups 8x

Core / Conditioning - 3 rounds

- Sand Bag Squat Clean 8x
- Kneeling Half Moons 8/8x
- Battle Ropes 30x

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

WEEK 2

Workout 3

Warm Up - 3 rounds

- Goblet Squat 10x
- Butt Kicks 5/5x
- Founder 15 secs ea
- T-Dog 5/5x
- Pigeon Stretch

Strength - 3 rounds

- BB Complex: SQT 8x + MP 5x + RW 8x wt _____
- Box Jump 3x
- Instep Stretch

then complete 4 rounds of the drills below as a circuit...

- TRX Suspend Lunge 8/8x
- KB Floor Press 8/8x wt _____
- Pullups 4x

Core / Conditioning - 4 rounds

- Sand Bag Getups 4/4x
- Ball Slam 8x
- 60 ft Sled Push

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

Workout 4

Warm Up - 3 rounds

- DB Rev Lunges 10x
- Leg Swings 5/5x
- Bird Dog 8x
- Instep Stretch
- Floor Slides

Strength - 3 rounds

- BB Complex: LNG 8/8x+ MP 5x + RW 8x wt _____
- Long Jump 3x
- Pigeon Stretch

then compete 4 rounds of the drills below as a circuit...

- SLDL 8/8x wt _____
- SA KB Pushups 8/8x
- Horizontal Pullups 8x

Core / Conditioning - 4 rounds

- Sand Bag Squat Clean 8x
- Kneeling Half Moons 8/8x
- Battle Ropes 30x

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

WEEK 3

Workout 5

Warm Up - 3 rounds

- Goblet Squat 10x
- Butt Kicks 5/5x
- Founder 15 secs ea
- T-Dog 5/5x
- Pigeon Stretch

Strength - 3 rounds

- BB Complex: SQT 8x + MP 5x + RW 8x wt _____
- Box Jump 3x
- Instep Stretch

then compete 4 rounds of the drills below as a circuit...

- TRX Suspend Lunge 8/8x
- KB Floor Press 8/8x wt _____
- Pullups 4x

Core / Conditioning - 5 rounds

- Sand Bag Getups 4/4x
- Ball Slam 8x
- 60 ft Sled Push

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

Workout 6

Warm Up - 3 rounds

- DB Rev Lunges 10x
- Leg Swings 5/5x
- Bird Dog 8x
- Instep Stretch
- Floor Slides

Strength - 3 rounds

- BB Complex: LNG 8/8x+ MP 5x + RW 8x wt _____
- Long Jump 3x
- Pigeon Stretch

then complete 4 rounds of the drills below as a circuit...

- SLDL 8/8x wt _____
- SA KB Pushups 8/8x
- Horizontal Pullups 8x

Core / Conditioning - 5 rounds

- Sand Bag Squat Clean 8x
- Kneeling Half Moons 8/8x
- Battle Ropes 30x

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

WEEK 4

Workout 7

Warm Up - 3 rounds

- Goblet Squat 10x
- Butt Kicks 5/5x
- Founder 15 secs ea
- T-Dog 5/5x
- Pigeon Stretch

Strength - 3 rounds

- BB Complex: SQT 8x + MP 5x + RW 8x wt _____
- Box Jump 3x

- Instep Stretch

then compete 4 rounds of the drills below as a circuit...

- TRX Suspend Lunge 8/8x
- KB Floor Press 8/8x wt _____
- Pullups 4x

Core / Conditioning - 6 rounds

- Sand Bag Getups 4/4x
- Ball Slam 8x
- 60 ft Sled Push

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

Workout 8

Warm Up - 3 rounds

- DB Rev Lunges 10x
- Leg Swings 5/5x
- Bird Dog 8x
- Instep Stretch
- Floor Slides

Strength - 3 rounds

- BB Complex: LNG 8/8x+ MP 5x + RW 8x wt _____
- Long Jump 3x
- Pigeon Stretch

then compete 4 rounds of the drills below as a circuit...

- SLDL 8/8x wt _____
- SA KB Pushups 8/8x
- Horizontal Pullups 8x

Core / Conditioning - 6 rounds

- Sand Bag Squat Clean 8x
- Kneeling Half Moons 8/8x
- Battle Ropes 30x

Recovery

- Foam Roll Legs and Upper Back

- Snow Angel

WEEK 5

Workout 9

Warm Up - 3 rounds

- Goblet Squat 10x
- Butt Kicks 5/5x
- Founder 15 secs ea
- T-Dog 5/5x
- Pigeon Stretch

Strength - 3 rounds

- BB Complex: SQT 8x + MP 5x + RW 8x wt _____
- Box Jump 3x
- Instep Stretch

then compete 4 rounds of the drills below as a circuit...

- TRX Suspend Lunge 8/8x
- KB Floor Press 8/8x wt _____
- Pullups 4x

Core / Conditioning - 7 rounds

- Sand Bag Getups 4/4x
- Ball Slam 8x
- 60 ft Sled Push

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

Workout 10

Warm Up - 3 rounds

- DB Rev Lunges 10x
- Leg Swings 5/5x
- Bird Dog 8x
- Instep Stretch
- Floor Slides

Strength - 3 rounds

- BB Complex: LNG 8/8x+ MP 5x + RW 8x wt _____

- Long Jump 3x
- Pigeon Stretch

then compete 4 rounds of the drills below as a circuit...

- SLDL 8/8x wt _____
- SA KB Pushups 8/8x
- Horizontal Pullups 8x

Core / Conditioning - 7 rounds

- Sand Bag Squat Clean 8x
- Kneeling Half Moons 8/8x
- Battle Ropes 30x

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

WEEK 6

Workout 11

Warm Up - 3 rounds

- Goblet Squat 10x
- Butt Kicks 5/5x
- Founder 15 secs ea
- T-Dog 5/5x
- Pigeon Stretch

Strength - 3 rounds

- BB Complex: SQT 8x + MP 5x + RW 8x wt _____
- Box Jump 3x
- Instep Stretch

then compete 4 rounds of the drills below as a circuit...

- TRX Suspend Lunge 8/8x
- KB Floor Press 8/8x wt _____
- Pullups 4x

Core / Conditioning - 8 rounds

- Sand Bag Getups 4/4x
- Ball Slam 8x
- 60 ft Sled Push

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

Workout 12

Warm Up - 3 rounds

- DB Rev Lunges 10x
- Leg Swings 5/5x
- Bird Dog 8x
- Instep Stretch
- Floor Slides

Strength - 3 rounds

- BB Complex: LNG 8/8x+ MP 5x + RW 8x wt _____
- Long Jump 3x
- Pigeon Stretch

then complete 4 rounds of the drills below as a circuit...

- SLDL 8/8x wt _____
- SA KB Pushups 8/8x
- Horizontal Pullups 8x

Core / Conditioning - 8 rounds

- Sand Bag Squat Clean 8x
- Kneeling Half Moons 8/8x
- Battle Ropes 30x

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

WEEK 7

Workout 13

Warm Up - 3 rounds

- Goblet Squat 10x
- Butt Kicks 5/5x
- Founder 15 secs ea
- T-Dog 5/5x
- Pigeon Stretch

Strength - 3 rounds

- BB Complex: SQT 8x + MP 5x + RW 8x wt _____
- Box Jump 3x
- Instep Stretch

then compete 4 rounds of the drills below as a circuit...

- TRX Suspend Lunge 8/8x
- KB Floor Press 8/8x wt _____
- Pullups 4x

Core / Conditioning - 9 rounds

- Sand Bag Getups 4/4x
- Ball Slam 8x
- 60 ft Sled Push

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

Workout 14

Warm Up - 3 rounds

- DB Rev Lunges 10x
- Leg Swings 5/5x
- Bird Dog 8x
- Instep Stretch
- Floor Slides

Strength - 3 rounds

- BB Complex: LNG 8/8x+ MP 5x + RW 8x wt _____
- Long Jump 3x
- Pigeon Stretch

then compete 4 rounds of the drills below as a circuit...

- SLDL 8/8x wt _____
- SA KB Pushups 8/8x
- Horizontal Pullups 8x

Core / Conditioning - 9 rounds

- Sand Bag Squat Clean 8x
- Kneeling Half Moons 8/8x
- Battle Ropes 30x

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

WEEK 8

Workout 15

Warm Up - 3 rounds

- Goblet Squat 10x
- Butt Kicks 5/5x
- Founder 15 secs ea
- T-Dog 5/5x
- Pigeon Stretch

Strength - 3 rounds

- BB Complex: SQT 8x + MP 5x + RW 8x wt _____
- Box Jump 3x
- Instep Stretch

then compete 4 rounds of the drills below as a circuit...

- TRX Suspend Lunge 8/8x
- KB Floor Press 8/8x wt _____
- Pullups 4x

Core / Conditioning - 10 rounds

- Sand Bag Getups 4/4x
- Ball Slam 8x
- 60 ft Sled Push

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

Workout 16

Warm Up - 3 rounds

- DB Rev Lunges 10x
- Leg Swings 5/5x
- Bird Dog 8x
- Instep Stretch

- Floor Slides

Strength - 3 rounds

- BB Complex: LNG 8/8x+ MP 5x + RW 8x wt _____
- Long Jump 3x
- Pigeon Stretch

then compete 4 rounds of the drills below as a circuit...

- SLDL 8/8x wt _____
- SA KB Pushups 8/8x
- Horizontal Pullups 8x

Core / Conditioning - 10 rounds

- Sand Bag Squat Clean 8x
- Kneeling Half Moons 8/8x
- Battle Ropes 30x

Recovery

- Foam Roll Legs and Upper Back
- Snow Angel

----- **FINISH** -----

Notes