

FCV 2009

Look at where we have come in such a short period?

We sent our first rider to Jr. Worlds in S. Africa. We won more Gold at Nationals in Burnaby. Our womens program has expanded tremendously.

Recently three of our FCV riders have been invited to attend pre Olympic selection camps at the request of the C.C.A.

As we look towards preparations for next year. This time of season (Fall) is excellent for introducing strength training. This is one component of the equation to help make us stronger bike racers. During the off season we work at increasing strength then as the season approaches we taper it and move into a maintenance cycle. This will allow you more time to focus on improving your riding skills.

First I'm not recommending a change away from the basic skills that we have taught for the past 4 years. Rather I would like you to incorporate the strength cycles to make you better.

On the bike I want everyone working on some bigger gear power pieces. These can be done on the turbo with a high resistance or outdoors into a headwind. Do a good warm up of 20-25 minutes spinning in smaller gears and then start some power work. Start with 3x5 minutes of lower cadence 65 rpm riding spinnin easy for 5 minutes in a light gear between efforts. After the 3 low cadence repeats finish with 2 high cadence efforts of 5 minutes at 120 rpm. These are not full out efforts, but more tempo based efforts. These should be about 75-80% of max heart rate or about a 7/10 exertion. Do these low cadence drills 1-2 x per week depending on your schedules with your personal coaches. Try not to do them the day after a lower body strength workout, but any other day will work fine.

In the gym everyone should be getting used to doing lower body weights again and focusing on functional exercises. Perform exercises that are compound moving at more than one joint like squats and leg press and minimize isolation exercises like leg extensions. Everyone should be lifting "under load" with slow controlled movements. Remember you control the weight, don't let the weight control you. Speed of exercises should be 2-3 seconds when the muscle lengthens and 4 seconds when the muscle shortens. For example when you squat it should take you 2-3 seconds to go down and 4 seconds go up. This will be quite a bit harder than going at a faster rate so weights will have to be decreased accordingly. Remember to never lock out any joints on squats or any other exercises. Always keep a slight bend in joints for exercises.

After your gym work get on the turbo or ride home from the gym for some high rpm work to transfer the gym work to bike specific muscles. Ride for 15-20 minutes at a high rpm of 110-115 rpm.

Core strength work should be continued at this time of year and focused on. Make use of different apparatus like exercise balls, bosu balls and balance boards. Work on your smaller stabilizer muscles and spend at least 15-20 minutes on core 3-4 times per week. When you are doing your upper body exercises try to make use of unstable surfaces to balance on like a bosu ball. For example do your biceps curls while balancing on a bosu.

The work you do now in the gym and on the bike will build a strong foundation of power and strength that will serve to springboard your fitness and racing success for next season.

Have fun.....Gordon