

Cycling Sport Training



A special thanks to

Jake Harkey (Watauga County Cycling Coach), Mark Fontanilla (SONC Cycling Sport Development Team), Scott Weaver (Special Olympics North America) and Alison Hartman, PT DPT from [Pro-Activity](#)
For content/photo contributions!

You chose Cycling as your primary sport this season.

Partner Up Power Up will start with fitness training.
All sport training starts in Week #3 of the Partner Up Power Up program.
Live sport training sessions are scheduled for every Thursday.
This means you will start the sport training on September 24.

You are welcome to do sport training on other days if you would like.

The great thing is that you can do this training at home to prepare you to perform better in this sport!

Planning on joining the live sport training session?

Email sports@sonc.net for access to the live sports training session! Please note you must be a registered participant for Partner Up Power Up.

Are you also interested in other sports this season?

You can join other online sport sessions on any Thursday starting September 24. Email sports@sonc.net for more information.

You can also view recordings of all sport sessions on the SONC web site at <https://sonc.net/sports-competitions/power-up/>



September 10, 2020
Training Thursday – Week #1

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 4-5). You can also join the live fitness training session.

September 17, 2020
Training Thursday – Week #2

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 12-14 & 16). And there is a live fitness training session.

September 24
Training Thursday – Week #3

October 1, 2020
Week #4

October 8, 2020
Week #5

Time to start your sport training!

Every Thursday, you will do the following:

In this order	Training for that week	Where can you find it
1	First, let’s warm up!	In your Partner Up Power Up Playbook
2	Let’s get strong!	In your Partner Up Power Up Playbook
3	Your sport skill workout	On the following pages
4	Now, let’s stretch it out!	In your Partner Up Power Up Playbook

Thursday Live Sessions
Every Thursday starting September 24



Join us online:

<https://zoom.us/j/96225903598>

Join us by phone: 1-929-205-6099

Meeting ID: 962 2590 3598

September 24, 2020

Cycling Skills – Leg and back strength



1. Superman to Banana



- Start by lying flat on your back with arms extended above head.
- Lift your legs and shoulders slightly off the ground.
- Hold this position for 5 seconds.
- Roll to your stomach while keeping your legs and shoulders off the ground.
- Hold this position for 5 seconds.
- Roll back to your back.
- Do this 5 times.

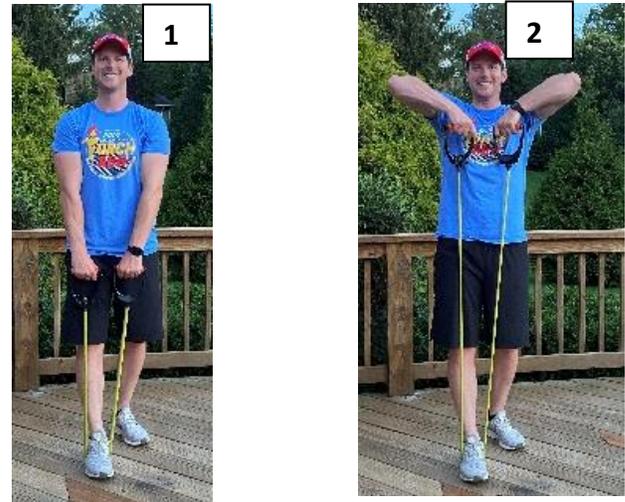
2. Slow Squat

- Start with feet shoulder width apart.
- Slowly lower down into a squat position. Count to 5 as you go down.
- Try to get your knees to 90 degrees.
- Now slowly stand from the squat. Count to 5 seconds to complete your stand.
- Do 10 squats.



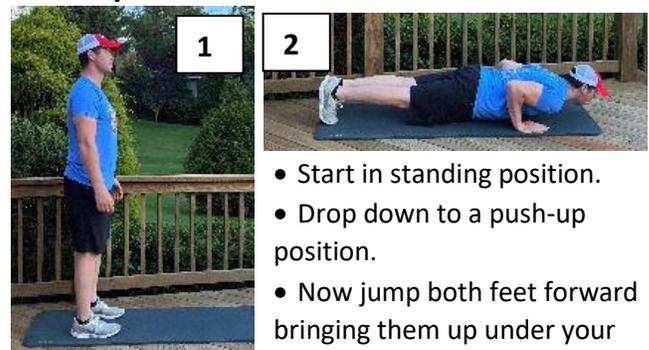
3. Upright Rows

You will need provided Partner Up Power Up resistance band.



- Start with feet hip width apart.
- Place the band under your feet where it won't slide out. Hold a handle in each hand.
- While standing up straight lift the handles straight up using your shoulder muscles.
- Your hands should go up and your elbows will bend outwards.
- Do this 12 times.

4. Burpees



- Start in standing position.
- Drop down to a push-up position.
- Now jump both feet forward bringing them up under your chest.
- Jump straight up as high as you can while bringing your arms above your head.
- Repeat and do this 10 times.

Remember to go back through all 4 exercises 2 more times. Then, it's time for cool-down! You'll find those stretches in your playbook.

October 1, 2020

Cycling Skills – Core and strength

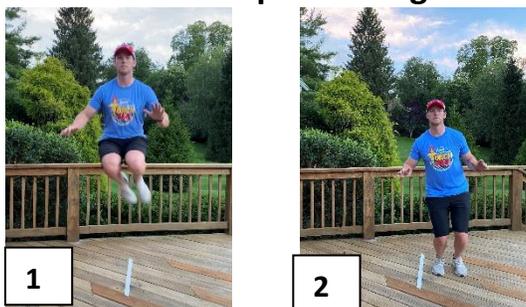
Go through all 5 exercises, then go through them again 2 more times.

1. Squat Jumps



- Start by lowering yourself down into a squat position. Then push upward with your legs to jump off the ground.
- Jump as high as you can off the ground.
- Land and lower back into squat position. Jump back up as high as you can.
- Do this **15 times**.

2. Side to Side Jumps with High Knee



- Start by picking a line on the floor or place a piece of tape on the ground.
- Start on one side of the line and jump with both feet to the other side. Bring your knees up in the air when you jump.
- Do this for **30 seconds** or **15 jumps**.

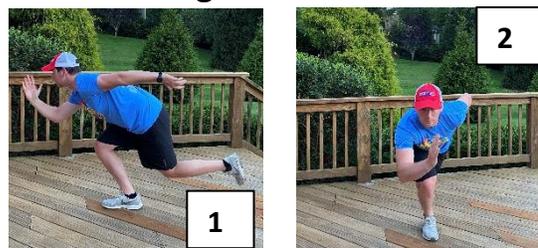
3. Russian Twist



- Start by sitting on the floor with your knees bent and your back off the ground.
- Bring your feet slightly off the ground.
- Place your hands together in front of your chest.
- Keeping your feet raised, twist your upper body moving your hands from side to side.

- Do this for **30 seconds** or **30 total twists**.

4. Skaters Lunge



- Step forward with the right foot while bringing your left foot to the back.
- Your left foot should be slightly to the right of your front foot.
- Lower your body using the muscles in the right leg.
- Arms should be positioned as if you were running from that position. To improve balance, lift your rear foot off the ground.
- Do this **10 times on your right foot**. Switch to your **left foot** and **10 more times**.

5. Seated Row

You will need the provided Partner Up Power Up resistance band.



- Wrap your resistance band around something heavy or won't move. If you don't have anything, then sit on the floor with the band under the middle of your feet.
- Sit up tall with your arms stretched out, holding a handle in each hand. Pull both arms back, like you want to have your shoulder blades touch on your back.
- Return straighten your arms. **Do this 12 times**.

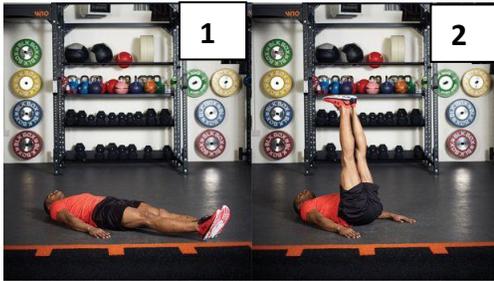
Remember to go back through all 5 exercises 2 more times. Then, it's time for cool-down! You'll find those stretches in your playbook.

October 8, 2020

Cycling Skills – Balance and core



1. Leg Raises (photo from: coachmag.co.uk)



- Lay on the floor.
- Place your hands to your side with your palms facing down.
- Slowly raise your legs up until you can see your knees.
- Hold your legs at the top for **2 seconds**, then slowly lower your legs to the start position.
- Do this 20 times.

2. Upright Row

Use the Partner Up Power Up resistance band, weights, or canned food



- Start with feet hip width apart.
- Place the band under your feet where it won't slide out.
- Hold a handle in each hand.
- While standing up straight with good posture, lift the handles straight up using your shoulder muscles.
- Your hands should go up and your elbows will bend outwards.
- Do this 12 times.

3. Walk Out Plank (photos from: workoutaholic.net)



- Keeping your back straight, bend forward and bring your hands to the floor.
- Walk your hands forward, moving into a plank

- Stay in that position for **3 seconds**.
- From that position, walk your hands back to your feet until you are bent over. Slowly roll up until you are standing, let your head hang and keep your neck relaxed.
- Once you are standing up straight, you're ready to do it again. Do this 10 times.

4. Reverse Lunge to Balance



- Stand up tall. Take a big step back with one leg and drop your back knee toward the ground.
- Press up to return to standing, then raise your knee up and balance on one leg. Return to both feet on the ground. This is 1. To make it harder, keep your foot off the ground as you bring it forward.
- Step back with other leg and do the same action with the other leg. This is 2.
- Keep switching legs for a total of 20 times.

Remember to go back through all 4 exercises 2 more times. Then, it's time for cool-down! You will find the cool-down stretches in your playbook.



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You made it through the first three weeks
of the sport training program.

You will receive the training program for the
next 5 weeks in the mail.

Don't forget to fill out your weekly trackers and share
them with your coach or partner.

Write your sport activity in under "other activity".