



Cycling Sport Training

A special thanks to

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

You chose cycling as your primary sport this season.

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/>



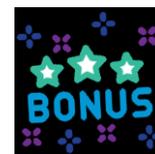
Go to the pages listed below in the Weeks 6 – 10 playbook and the sport skills in this packet for your weekly workouts.

Partner Up Power Up Week #	Thursday Date	1 Let's warm up!	2 Let's get strong!	3 Sport Skills	4 Now, let's stretch out!
6	October 15	Page 4	Page 5	This packet	Page 6
7	October 22	Page 12	Pages 13 – 14	This packet	Page 15
8	October 29	Page 21	Page 21	This packet	Page 21
9	November 5	Page 33	Page 33	This packet	Page 33
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Thursday Live Sessions

Join us online:

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



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

Meeting ID: 962 2590 3598

1. Mountain Climbers



- Start in a push up position on the floor.
- From this position bring your right knee up to your chest and then back.
- Now bring our left knee up to your chest and back.
- Alternate your right and left leg at a quick pace.
- Do this for 30 seconds or 20 times.

2. Leg Bridge



- Start by laying on your back.
- Place your feet flat on the ground with your knees pointing up.
- Bring your bottom and hips off the ground and force them upward.
- Do this 15 times.
- You can make this harder by raising a leg.

3. 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.

4. Interval Running in place



- Start by running in place at a medium speed (20 seconds).
- Now run in place even faster (20 seconds).
- Run as fast as you can in place (20 seconds).
- This workout is 60 seconds total with no break.
- Make sure to pump your arms.

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

1. Triceps Dips



- Start by sitting on the edge of a chair or bench.
- Place your hands on the edge of the chair or bench and slide off the chair holding your weight with your arms.
- Lower your upper body by bending your arms until they make a 90-degree angle.
- Push yourself back up using your arms.
- Do this **15 times**.

2. Superman to Banana



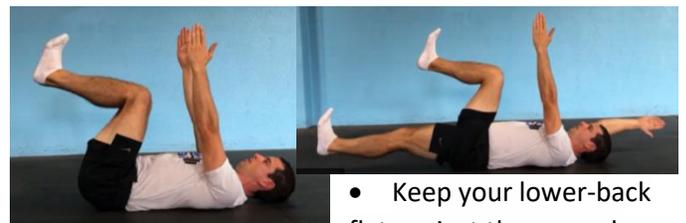
- Start by lying flat on your back with arms extended above head.
- Lift your legs and shoulders slightly off the ground.
- Hold this position for **5 seconds**.
- **Roll to your stomach** while keeping your legs and shoulders off the ground.
- Hold this position for **5 seconds**.
- Roll back to your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

3. Side to Side Jumps



- 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**.

4. Deadbug Core Workout



- Keep your lower-back flat against the ground.
- Put your hands straight into the air and bend your knees to make a 90-degree angle.
- Slowly bring down your right leg and right arm at the same time and straighten both out. Bring them back up to the starting position.
- Repeat this for your left arm and left leg.
- Do this **10 times on both your right side and left side**.

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

October 29, 2020

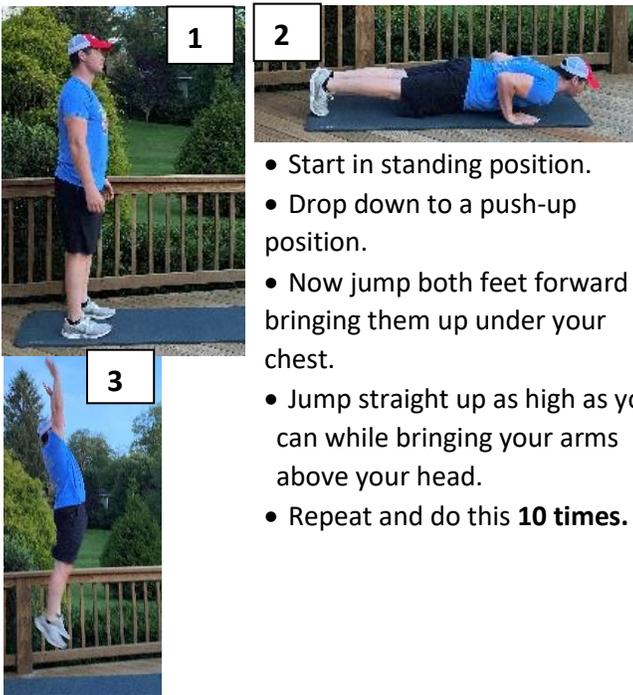
Cycling Skills

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. Burpees



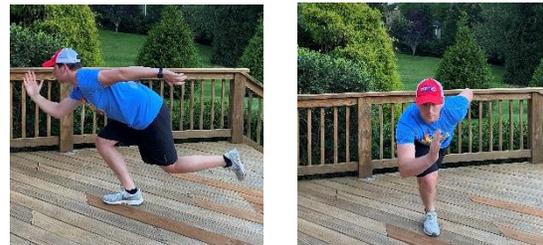
- Start in standing position.
- Drop down to a push-up position.
- Now jump both feet forward bringing them up under your chest.
- Jump straight up as high as you can while bringing your arms above your head.
- Repeat and do this **10 times**.

3. Seated Row



- 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**.

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**.

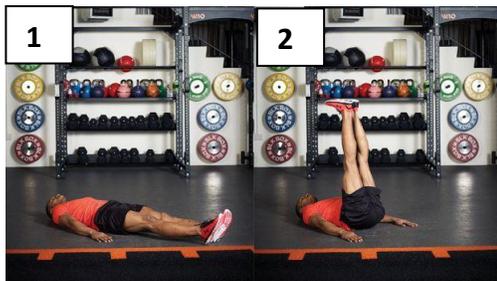
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November 5, 2020

Cycling Skills



1. Leg Raises



- 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



- 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. Single leg balance



- Standing close to something you can hold onto to steady yourself as needed, pick left foot up off ground.
- Try to bring your left knee up to hip level. Keep eyes up straight ahead.
- **Balance here for 30 seconds.**
- **Repeat on your right leg for 30 seconds.**

4. Air Cycling



- Lay down on the floor, put a pillow under your head if you would like.
- Put both arms flat on the ground next to your body and raise your legs straight up in the air.
- Move your legs as if you were pedaling on a bike.
- Do this for **45 seconds**.

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1. Plank shoulder taps



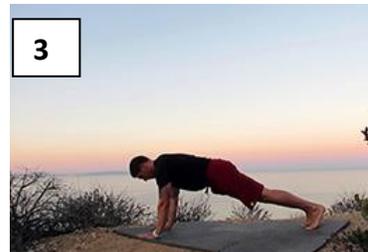
- Start on the ground in the top of a pushup position, hands under shoulders.
- Tap the opposite shoulder with one hand, return to start, and switch hands.
- **Continue switching sides and do 10 taps with each hand.**
- Modification: arms either on armrest or palms down on seat of chair, press arms down to try to lift bottom off chair using only upper body. Rest, repeat.)

2. Side to Side Jumps



- 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. 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. 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**.

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