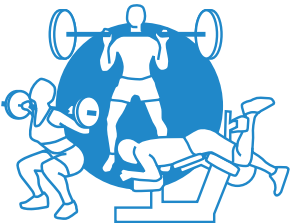
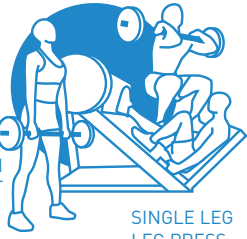
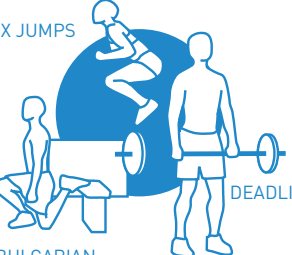


SPRINT CYCLIST'S STRENGTH PROGRAMME

Here's what Sam puts in during a six-week gym cycle. (Remember to get professional advice for your own gym programme!)

WEEK		1	2	3	4	5	6
LOAD		LOW (Intro Week)	MEDIUM	HIGH	LOW	MEDIUM	HIGH
 <p>POWER CLEANS</p> <p>BACK SQUATS</p> <p>HAMSTRING CURLS</p>	DAY 1 (P) = Primary Exercise, (S) = Supplementary Exercise (Sets x Reps x %1RM)						
	Power Cleans (P)	2 x 5 at 70%	3 x 4 at 75%	3 x 4 at 80%	3 x 4 at 75%	3 x 3 at 85%	3RM Test
	Back Squats (P)	2 x 6 at 70%	3 x 5 at 75%	3 x 4 at 80%	3 x 5 at 75%	3 x 4 at 80%	4RM Test
	Hamstring Curls (P)	2 x 6 at 60%	2 x 5 at 70%	2 x 4 at 80%	2 x 5 at 75%	2 x 4 at 80%	2 x 4 at 85%
	Chin-ups (S)	2 x 6 at 60%	2 x 6 at 65%	2 x 6 at 70%	2 x 6 at 65%	2 x 6 at 70%	1 x 6 at 75%
	Swiss Ball Jacknife (S)	2 x 10	3 x 15	3 x 15	2 x 10	3 x 15	1 x 10
	Back Extensions (S)	2 x 10	3 x 15	3 x 15	2 x 10	3 x 15	1 x 10
 <p>FRONT SQUATS</p> <p>ROMANIAN DEADLIFT</p> <p>SINGLE LEG LEG PRESS</p>	DAY 2						
	Front Squats (P)	2 x 5 at 65%	3 x 5 at 70%	3 x 5 at 75%	3 x 4 at 70%	4 x 4 at 80%	3 x 4 at 85%
	Single Leg Leg Press (P)	2 x 6 at 70%	2 x 5 at 75%	2 x 4 at 80%	2 x 5 at 75%	2 x 4 at 80%	2 x 4 at 85%
	Romanian Deadlift (S)	2 x 6 at 60%	2 x 6 at 65%	2 x 6 at 70%	2 x 6 at 65%	2 x 6 at 70%	1 x 6 at 75%
	Single Leg Calf Raises (S)	2 x 10	3 x 15	3 x 15	2 x 10	3 x 15	1 x 10
	Ab Wheel Rollouts (S)	1 x 10	2 x 10	2 x 10	1 x 10	2 x 10	1 x 10
 <p>BOX JUMPS</p> <p>BULGARIAN SQUATS</p> <p>DEADLIFT</p>	DAY 3						
	Deadlift (P)	2 x 5 at 65%	3 x 5 at 70%	4 x 5 at 75%	3 x 4 at 70%	4 x 4 at 80%	3 x 4 at 85%
	Bulgarian Squats (P)	2 x 6 at 70%	3 x 5 at 75%	3 x 4 at 80%	2 x 5 at 75%	3 x 4 at 80%	3 x 4 at 85%
	Box Jumps (P)	2 x 5	2 x 5	2 x 5	2 x 5	2 x 5	2 x 5
	Single Leg Hamstring Curls (S)	2 x 6 at 60%	2 x 6 at 65%	2 x 6 at 70%	2 x 6 at 65%	2 x 6 at 70%	1 x 6 at 75%
	Prone Holds (S)	2 x 30sec	2 x 60sec	2 x 90sec	2 x 60sec	2 x 90sec	1 x 60sec

ASSUMPTIONS

- › The program structure and periodisation complements Coach directed on the bike training
- › The Sprint Cyclist has no Musculoskeletal workon's; is competent with prescribed exercises; has 2+ years gym experience; and has already completed a 2-4 week strength preparation program
- › A proper warm-up is performed that includes Stretching, Myofascial Roller work, general functional exercises* and 1-2 exercise specific warm-up sets. *eg. Overhead Squats, Lunges, Step-ups
- › Stretching is included at the end of the session to begin recuperation