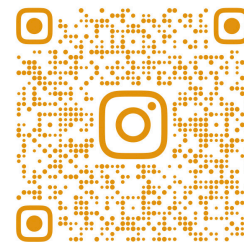




**CYCLING
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COACH**

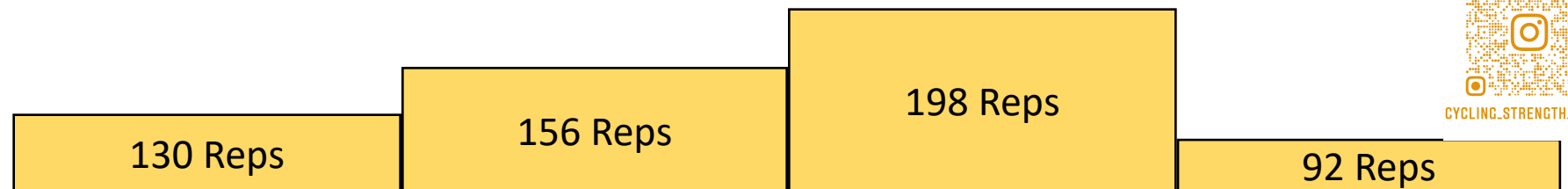
Beginner Body Weight Strength Programme



CYCLING_STRENGTH_COACH

1 session per week, or repeated 2x weekly

	Week 1	Week 2	Week 3	Week 4
Main Exercises	Loading	Loading	Loading	Loading
Prisoner Squat	2 sets x 15 reps	3 sets x 12 reps	3 sets x 15 reps	2 sets x 10 reps
Single Leg Deadlift	2 sets x 15 reps	3 sets x 12 reps	3 sets x 15 reps	2 sets x 10 reps
Bulgarian Split Squat	2 sets x 15 reps	3 sets x 12 reps	3 sets x 15 reps	2 sets x 10 reps
Pistol Squat/ SL ¼ Squat	2 sets x 5 reps	3 sets x 4 reps	3 sets x 6 reps	2 sets x 6 reps
Calf Raises	2 sets x 15 reps	3 sets x 12 reps	3 sets x 15 reps	2 sets x 10 reps
Core Exercises				
Side Plank Reach to Row	3 x 1 minute hold	4 x 1 minute hold	3 x 1.30 minutes	2 x 1.30 minutes
Lower Back Extensions	2 x 12, 5 sec hold	3 x 12, 5 sec hold	4 x 8, 10 sec hold	2 x 8, 10 sec hold
Volume Loading Profile (main exercises)				



Programming Information



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- This programme follows a 3 to 1 loading paradigm (see loading profile underneath programme), meaning that the 4th week in the phase is a de-load week where intensity stays high, but volume reduces in order to facilitate recovery.
- Please review and be confident with the exercise technique prior to beginning the programme.
- The loading is in the format of SETS x REPS, so 3 sets of 15 reps etc...
- The rest period between sets is 1-2 minutes. The gap between training days should be at least 2, preferably 3 if you plan to use the programme twice per week.
- The core exercises can be adapted based on your capabilities, with the rotation exercise performed for each side, so 2 sets left, 2 sets right to begin with.
- Be prepared for muscle soreness. This may take 3-4 days to recover from initially.
- A short disclaimer. This example programme is produced as a training guide. If you are unsure of any exercises or information provided in this programme, be advised that you are undertaking it at your own risk. It is recommended that you consult a qualified professional and you GP if you have any health considerations or choose a paid programme through Cycling Strength Coach to access the full suite of coaching services you may require.