

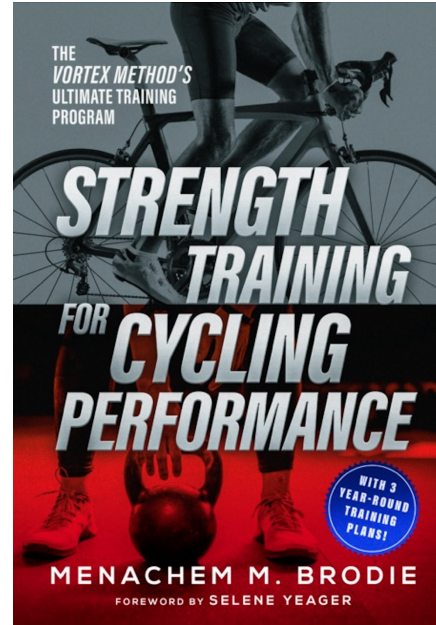


Strength Training for Cycling Success

3 Common Mistakes That Are Sapping Your Results

Who Am I?

- USA Cycling Level 1 Coach
- NSCA-CSCS
- 24+ years in Strength & Fitness Fields
- Israel National Track Cycling Strength Coach
- A Leading Educator in Strength Training for Cyclists
 - Training Peaks University Courses
 - Strength Training for Cyclists Certification Course
 - Strength Training for Cycling Performance book



Where Are We Now?

- Strength Training Commonly Accepted
 - 180 degree change from just 10 years ago
- Equivalent to “general fitness” trends in North America in 1970’s
- Research just getting started
- Many Poor “Common Knowledge” Approaches
 - Many “Practice”, Few Truly Understand

Mistake #1

Too Few and / or Poor Mental Models

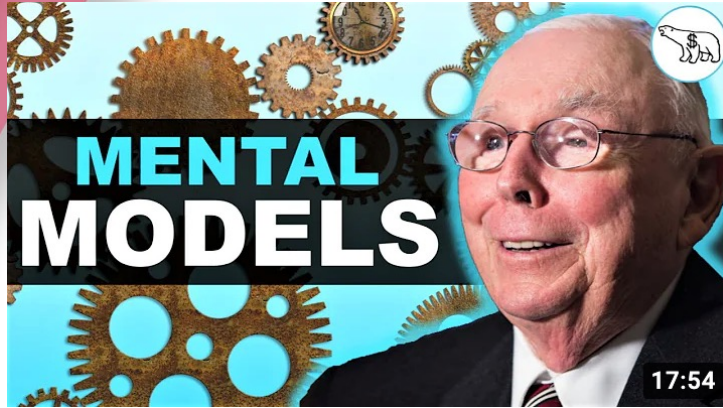
“It’s not what we don’t know that get’s us into trouble, it’s what we know for sure that just ain’t so.”

-Mark Twain

*Or was it Josh Billings, Artemus Ward, Kin Hubbard, or Will Rogers who said this?



#1. Too Few / Poor Mental Models



Charlie Munger's Mental Models 7 Part Series
By The Swedish Investor

- "Classic" part by part anatomy is problematic
- Modern "Instant" Society (Dr. Google)
- "Corrective Exercise" Trend
- Trying to fit all riders into one box...

Can you have a definitive answer for everyone?



EF Facebook Page 9/21



Mistake #2

Using Resistance or “Weight Used” to
Determine Progress

100kg Back Squat



<https://youtu.be/cSdQI3EGe8s>

Joint Position Dictates Muscle Function

100kg Back Squat



<https://youtu.be/vZO4va5FiCM>

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“Force Creates Motion, But Stiffness Controls Motion”

-Dr. Stuart McGill



Mistake #3

Following Traditional Core Training



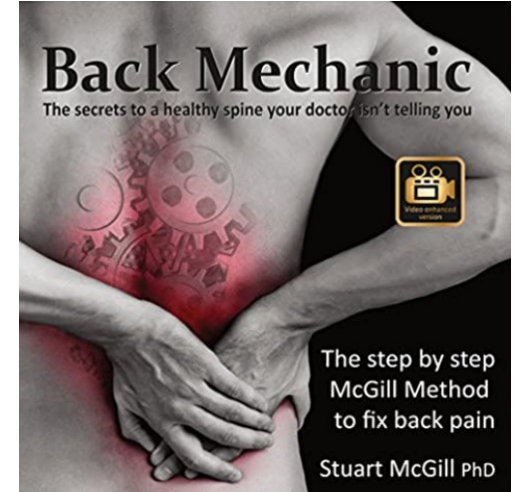
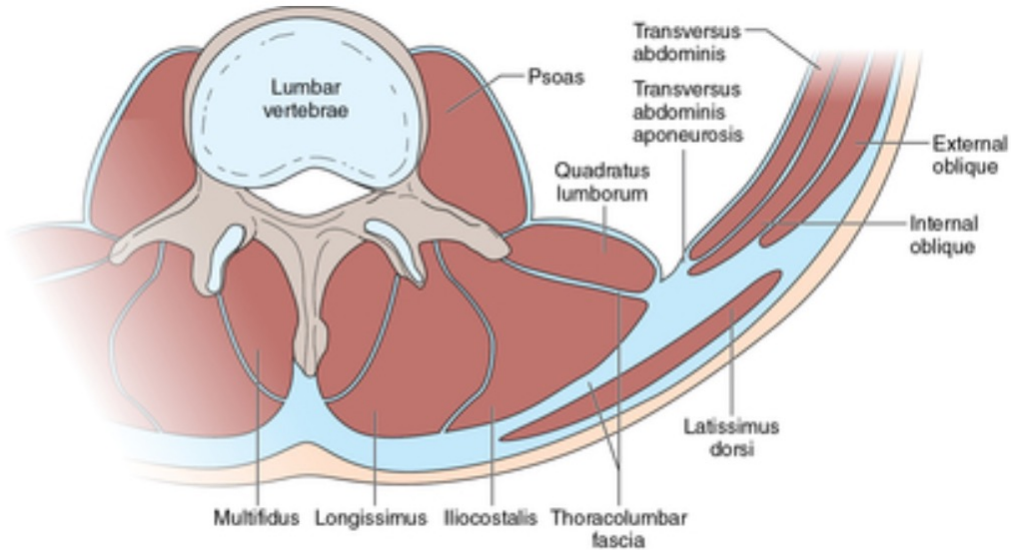
“Usual” Methodology for Core Training

1. Long Isometric Planks
2. Crunches
3. Dead-bugs
4. Reverse Hyperextensions
5. Hyperextensions
6. Rotational with/ without weight (i.e. Russian Twist)



<https://www.womenshealthmag.com/fitness/a26011033/russian-twist/>

Your Core is More Extensive...



Low Back Disorders, McGill,
Reproduced with Permission

A More Effective, Efficient, & Safer Approach

1. Core coordination- proximal stiffness for distal movement
2. Stop-Twist (i.e. Wall Plank Rotation)
3. Learning to get movement only from ball & socket joints
4. Focus on Learning HOW to move well



Core Strength for Cyclists & Triathletes: Wall Plank Rotation

Where Do We Need To Go?

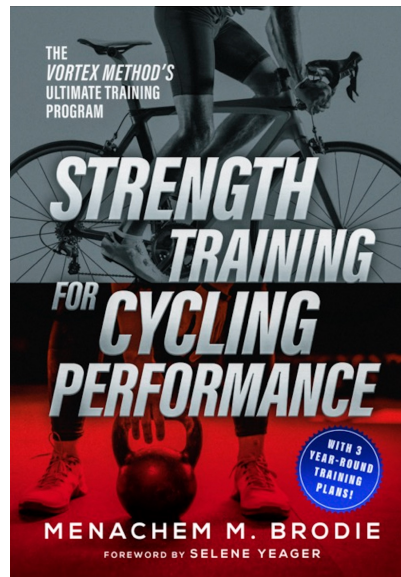
- Athlete-Centered approaches, especially for juniors & Espoir
- Focus on Movement & Basic Motor-Skills Development
 - FUNdamental 5+1 movement
- Dispel “Common knowledge” myths aggressively
- Better Sharing of Best Practices
- Study what other sports are doing well, adapt & implement



Thank You!



The Strong Savvy Cyclist
& Triathlete Podcast



Book
Available October 8, 2021

www.HumanVortexTraining.com

