

From The Cyclist's Training Bible
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**ANATOMICAL ADAPTATION
(AA) PHASE**

Table 13.1

Total Sessions/Phase	8–12
Sessions/Week	2–3
Load (% 1RM)	40–60
Sets/Session	3–5
Reps/Set	20–30
Speed of Lift	Slow
Recovery (in Minutes)	1–1.5

Triathlon Exercises

(in order of completion):

1. Hip extension (squat, leg press, or step-up)
2. Standing bent-arm, lat pull-down
3. Hip extension (different from #1)
4. Chest press or push-ups
5. Seated row
6. Personal weakness (hamstring curl, knee extension, or heel raise)
7. Abdominal with twist

Duathlon Exercises

(in order of completion):

1. Hip extension (squat, leg press, or step-up)
2. Seated row
3. Hip extension (different from #1)
4. Chest press or push-ups
5. Personal weakness (hamstring curl, knee extension, or heel raise)
6. Upper body choice (lat pull-down or standing row)
7. Abdominal with twist

Table 13.2

**MAXIMUM TRANSITION
(MT) PHASE**

Total Sessions/Phase	3–5
Sessions/Week	2–3
Load	Select loads that allow only 10–15 reps*
Reps/Set	10–15*
Speed of Lift	Slow to moderate, emphasizing form
Recovery (in minutes)	1.5–3*

**Note: Only boldfaced exercises follow this guideline. All others continue AA guidelines.*

Triathlon Exercises

(in order of completion):

1. **Hip extension (squat, leg press, or step-up)**
2. **Seated row**
3. Abdominal with twist
4. Personal weakness (hamstring curl, knee extension, or heel raise)
5. **Standing, bent-arm lat pull-down**

Duathlon Exercises

(in order of completion):

1. **Hip extension (squat, leg press, or step-up)**
2. **Seated row**
3. Abdominal with twist
4. Personal weakness (hamstring curl, knee extension, or heel raise)
5. Upper body choice (lat pull-down, standing row, chest press, push-ups)

Table 13.3

LOAD GOALS

Squat	1.3–1.7 x BW
Leg press (sled)	2.5–2.9 x BW
Step-up	0.7–0.9 x BW
Seated row	0.5–0.8 x BW
Standing, bent-arm lat pull-down	0.3–0.5 x BW

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**MAXIMUM STRENGTH (MS)
PHASE**

Total Sessions/Phase	8–12
Sessions/Week	2
Load	BW Goal*
Sets/Session	3–6
Reps/Set	3–6+*
Speed of Lift	Slow-Mod*
Recovery (in Minutes)	2–4*

**Note: Only boldfaced exercises follow this guideline. All others continue AA guidelines.*

Triathlon Exercises

(in order of completion):

1. **Hip extension (squat, leg press, or step-up)**
2. **Seated row**
3. Abdominal with twist
4. Personal weakness (hamstring curl, knee extension, or heel raise)
5. **Standing bent-arm, lat pull-down**

Duathlon Exercises

(in order of completion):

1. **Hip extension (squat, leg press, or step-up)**
2. **Seated row**
3. Abdominal with twist
4. Personal weakness (hamstring curl, knee extension, or heel raise)
5. Upper-body choice (lat pull-down, standing row, chest press, push-ups)

**STRENGTH MAINTENANCE
(SM) PHASE**

Total Sessions/Phase	Indefinite
Sessions/Week	1
Load (% 1RM)	60, 80 (last set)*
Sets/Session	2–3*
Reps/Set	6–12*
Speed of Lift	Mod*
Recovery (in Minutes)	1–2*

**Note: Only boldfaced exercises follow this guideline. All others continue AA guidelines.*

Triathlon Exercises

(in order of completion):

1. **Hip extension (squat, leg press, or step-up)**
2. **Seated row**
3. Abdominal with twist
4. Personal weakness (hamstring curl, knee extension, or heel raise)
5. **Standing bent-arm, lat pull-down**

Duathlon Exercises

(in order of completion):

1. **Hip extension (squat, leg press, or step-up)**
2. **Seated row**
3. Abdominal with twist
4. Personal weakness (hamstring curl, knee extension, or heel raise)
5. Upper-body choice (lat pull-down, standing row, chest press, push-ups)

Table 13.4 (left)
Table 13.5 (right)

**PREDICTING YOUR
ONE-REPETITION MAXIMUM**

Table 13.6

REPETITIONS	FACTOR
4	0.917
5	0.889
6	0.861
7	0.833
8	0.805
9	0.778
10	0.750

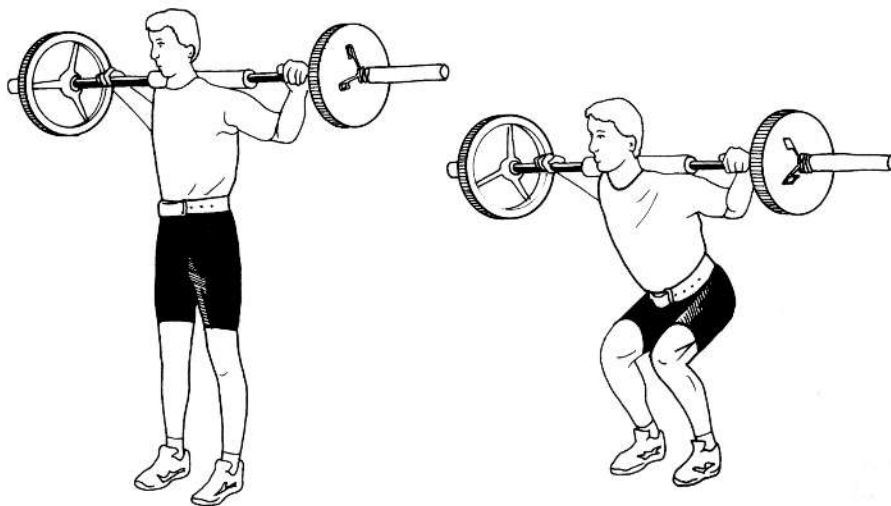
RECOVERY WEEKS

Every third or fourth week should be a time of reduced training volume coinciding with your recovery weeks scheduled on the Annual Training Plan. You may accomplish this by reducing the number of strength workouts that week and/or by reducing the number of sets within workouts.

STRENGTH EXERCISES

SQUAT

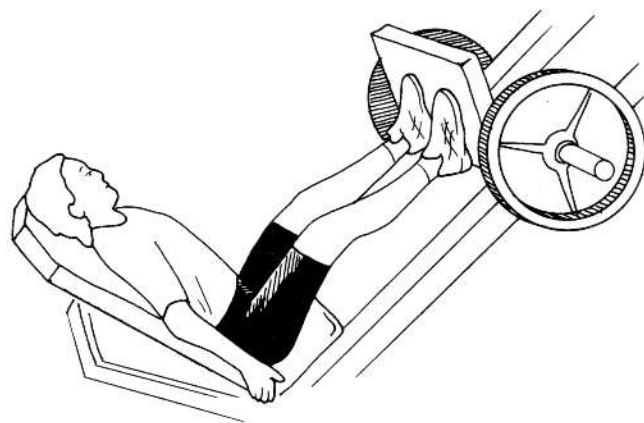
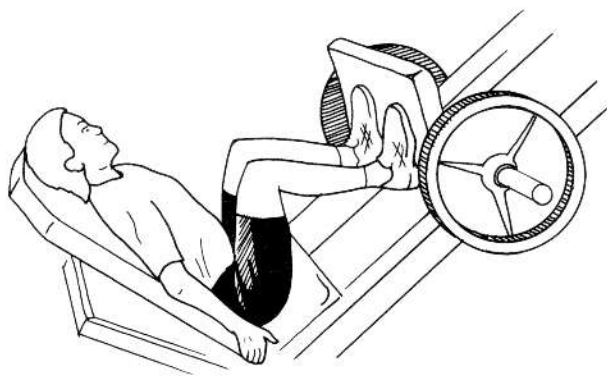
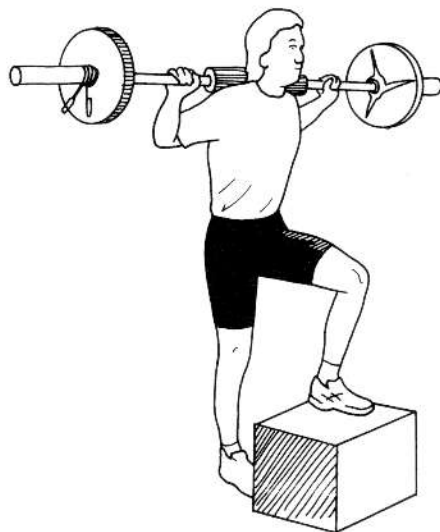
1. Wear a weight belt during the Max Strength (MS) phase.
2. Stand with feet 6-8 inches apart, inside edge to inside edge, with toes pointed straight ahead.
3. Head up and back straight.
4. Squat until upper thighs are halfway to parallel to floor — about the same knee bend as at top of pedal stroke.
5. Knees point straight ahead staying over feet at all times.
6. Return to start position.
7. Stretches: Stork stand and Triangle



STEP-UP

1. Place left foot on a sturdy 13-15 inch high platform with toes pointing straight ahead.
2. Step up with right foot touching platform and immediately return to start position.
3. Complete all right leg reps before repeating with left leg stepping up.
4. Stretches: Stork stand and Triangle (*Please see the next page for illustration*)

Step-up

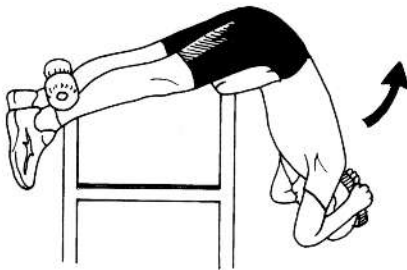
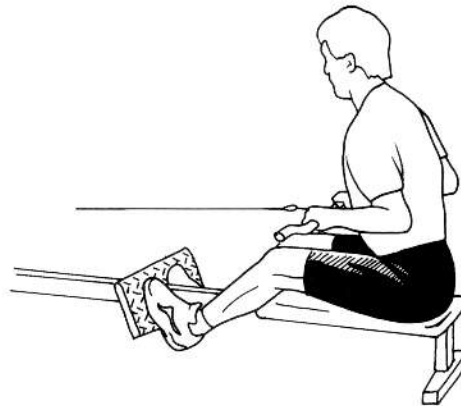
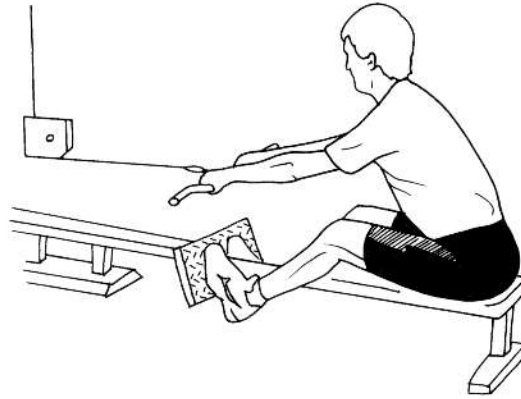


LEG PRESS

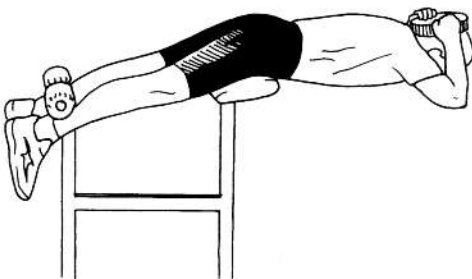
1. Place feet on middle portion of platform with the inside edges of feet 6-8 inches apart and feet parallel.
2. Press platform up until legs are straight, knees nearly locked.
3. Lower platform until knees are about 8 inches from chest.
4. Knees remain directly in line with feet throughout the movement.
5. Return to start position.
6. Stretches: Stork stand and Triangle

SEATED ROW

1. Grasp bar with arms fully extended and hands about 6 inches apart, inside edge to inside edge.
2. Pull bar toward lower chest keeping elbows close to body.
3. Minimize movement at the waist using the back muscles to stabilize position.
4. Return to start position.
5. Stretch: Pulldown

**BACK EXTENSION**

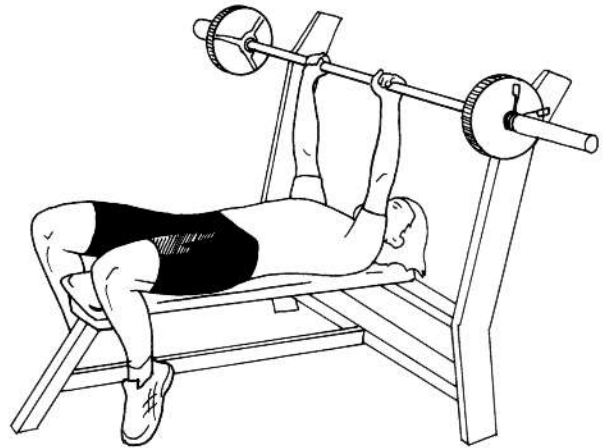
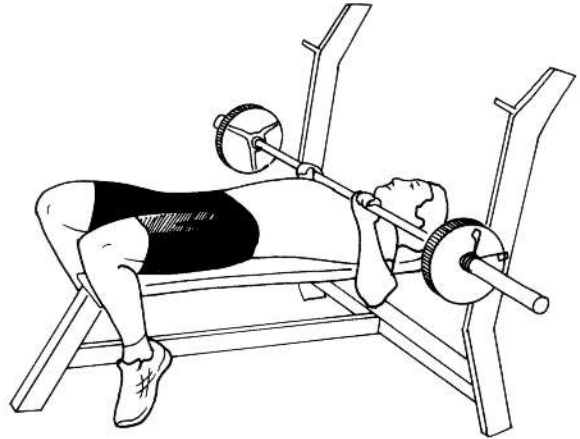
1. Start with head at lowest possible position.
2. Stop when back is parallel to floor.
3. Stretch: Squat



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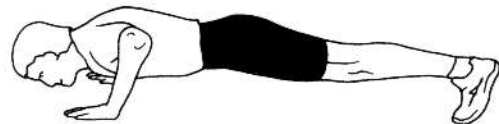
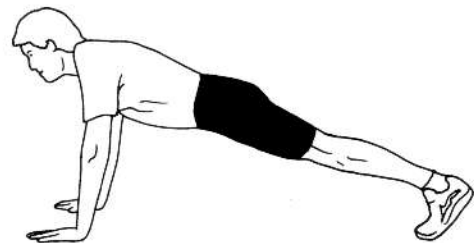
BENCH PRESS

1. Grasp bar with hands directly above shoulders.
2. Lower bar to nipple line and touch chest.
3. Keep elbows close to body.
4. Return to start position.
5. Stretch: Pulldown



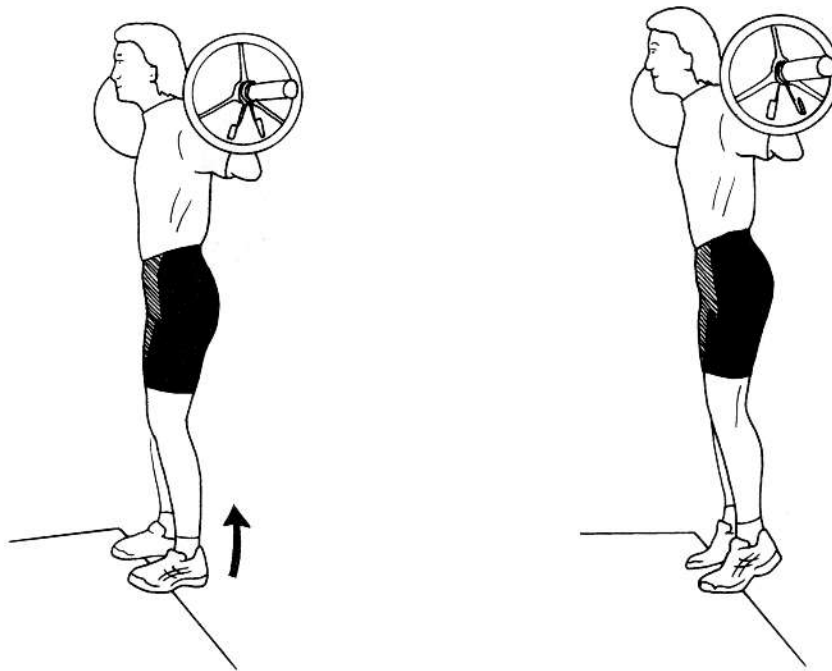
PUSH-UP

1. Hands directly below shoulders.
2. Back straight and head up.
3. Keeping body rigid lower body until chest touches floor.
4. Elbows in.
5. Return to start position.
6. Stretch: Pulldown

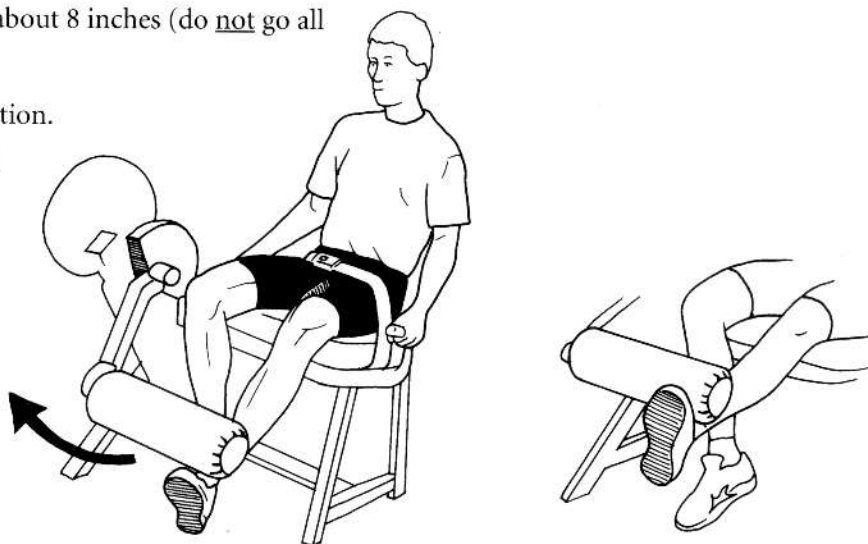


HEEL RAISE

1. Stand with toes on riser, heels on floor.
2. Feet are parallel and 6-8 inches apart, inside edge to inside edge.
3. Raise up onto toes.
4. Return to start position.
5. Stretch: Wall lean

**KNEE EXTENSION**

1. Start with knees fully extended and toes pointing slightly to outside.
2. Lower weight only about 8 inches (do not go all the way down).
3. Return to start position.
4. Stretch: Stork stand



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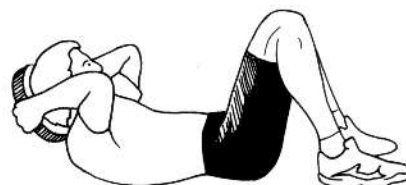
LEG CURL

1. Curl leg until calf touches thigh.
2. Return to start position.
3. Stretch: Triangle



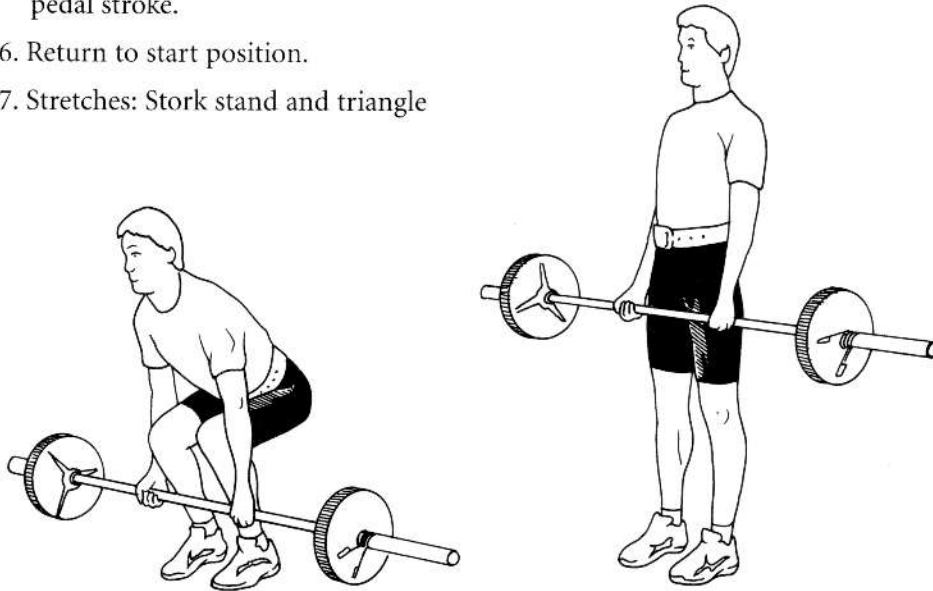
CRUNCH

1. Knees bent at about 90 degrees.
2. Hands behind head for support only (do not pull on head).
3. Lift shoulders and upper back off of floor by curling torso.
4. Slowly return to start position.
5. Stretch: While on floor, arch back up and extend arms and legs.



DEAD LIFT

1. Wear a weight belt.
2. Stand with feet 6-8 inches apart, inside edge to inside edge, with toes pointed straight ahead.
3. Head up and back straight.
4. Grasp bar with hands just outside of thighs with an alternated grip (one hand over, one under the bar).
5. While looking up and keeping butt low, lower weight to near the floor until thighs are halfway to parallel to floor — about the same knee bend as at top of pedal stroke.
6. Return to start position.
7. Stretches: Stork stand and triangle

**LAT PULL**

1. Grasp bar with arms fully extended and hands about 6 inches apart, inside edge to inside edge.
2. Pull bar toward upper chest keeping elbows close to body.
3. Minimize movement at the waist using the back muscles to stabilize position.
4. Return to start position.
5. Stretch: Pulldown

