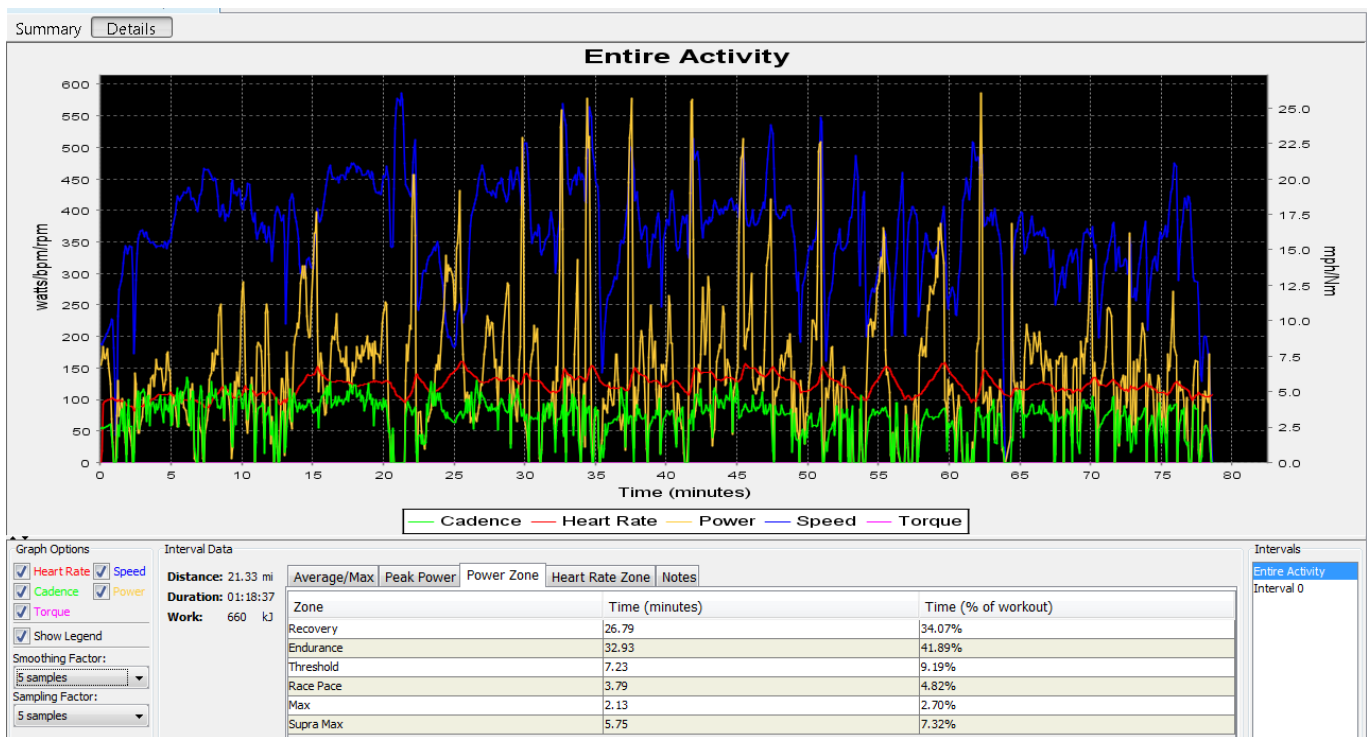


STRENGTH Training With Explosive Power Accelerations

Strength is the ability of the muscle to exert force at a specified pace and varies for different muscle actions. To strengthen the force that muscles can exert, slow-heavy loads are needed. Explosive power is high angular velocity at the point of impact, resulting in the immediate application of torque to accelerate. This workout session, done on the road, will boost both strength and explosive power on hills. Choose a Hilly Course to work on muscular speed and neuromuscular pathways. On each climb, stay in the big chain ring. Sometime during the climb, do 20-second acceleration at fastest pace without interruption and without shifting gears. All other time, just ride by feel.



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