

The Time Pressured Cyclist's Corrective Exercises



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“Every minute we have should be spent on the bike to be a better cyclist”

A short time searching for the ‘Sagan Gym Routine’ will show that this isn’t necessarily true!

There is no doubt that time spent on the bike is the foundation of cycling performance, but equally driving your car more doesn’t negate the need for a service or an MOT either!

A lot of the aches and pains we accumulate through the hours on the bike are treatable and, more importantly, preventable.

The winter period offers a great opportunity to look at movement patterns and the over or under used parts of our bodies. You won’t need to master the weighted splits to start feeling better soon!!

Take a look at the simple exercises below that can be practiced in just 15 minutes. This session is designed specifically for cyclists and will target the most common issues experienced.



Feet off floor Clam- 2 Sets of 8-12 Reps

Great for Hip and Knee Stability whilst seated climbing

Lay on your side imagining your back is flat against a wall and the soles of your feet against the same wall with knees bent to 90 degrees

Keep your heels lifted and together whilst slowly lifting your top knee upwards and then back down



Split Hip Flexor Stretch

Good for Lower Back Pain and Knee Pain

Start in a kneeling position remaining tall; if very tight then use a towel to pull your heel in

Hold for 30 seconds and repeat twice on each side

Increase the stretch by leaning hips further forward



Single Leg Bridge- 2 sets of 8-12 repetitions

Good for Knee and Hip Pain

Push up using both legs and then extend one leg out straight and slowly lower

It is most important to maintain level hips throughout the movement and not to use momentum to lift your hips



'Figure of 4' Stretch

Good for Knee, Hip and Lower Back Pain

Holding for 30 seconds on each side repeating twice on each

Adding in a multi direction reach from this position is a really good way to develop a better gluteal stretch

Advice for stretches- Don't bounce or go to pain with any stretches. The aim is to create a good long hold in a position we do the opposite of for prolonged periods in the saddle.

This session is best performed 3 times per week to get a good even strength addition to your weekly training. The session would be even better performed after an easy or moderate ride as you will be warm and far more pliable than when starting from a rested state.

Sports Massage is a fantastic adjunct to any training program. Enhancing your own body's recovery, addressing muscular imbalances and allowing yourself to achieve more by changing things you haven't considered.

I hope you have found this plan helpful. If you have any questions or require further advice then please feel free to contact me either through my Facebook Page (SW Health & Wellbeing) or send an email to swhealthwellbeing@gmail.com



SW Health & Wellbeing is a Wellington and Taunton based Exercise Therapy Clinic run by myself, Stephen Smith-Wild. With over 5 years' experience working as an Exercise Therapist in the NHS and a keen amateur cyclist, I use a mixture of hands on Sports Massage treatment and Exercise Prescription to help treat your symptoms. Treatment is available in clinic or in your own home. Contact me for more details.

