

Cyclocross Training

by

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Stretching:

- Do a little stretching daily.
- Twice a week do a long stretch session that focuses on a wide range of exercises.
- A good resource is *Stretching* by Bob Anderson.

Running:

Begin during BASE Phase

- Start with easy jogging at low intensity 1-2 times per week building to 15 minutes.
- When you can run easy for 15 minutes w/o being sore the next day, the real running practice for 'cross begins.

Real Running for Cyclocross

- Emphasis is on short bursts like a sprint workout.
- On a steep hill that takes 10-15 seconds to sprint.
- Early season w/o the bike.
- After BASE Phase add the bike.
- Focus is on intensity.

Barrier Running

Early Season Training – April, May and June

- At least twice a month practice striding w/o the bike.
- Start out slow and build speed over each session.
- Focus on lengthening your stride.
- If you're hopping over the barrier rather than striding, spend time running beside the barrier section to help develop your stride.

Barrier Running and Hill Running

Mid-Season Training – July and August

- Once a week practice barrier striding and running hills.
- Again do this w/o the bike.
- Focus on development of your stride.
- Practice dismounting, carrying and remounting.

Become One with Your Bike

Late-Season Training – September and October

- Practice dismounting, carrying and remounting.
- Barrier running.
- Run-ups.
- Include Cyclocross intervals (see 'Starting in September' on next page).

Other Running and Conditioning Techniques:

These exercises will help build muscle tension, agility and coordination on hills and flats:

- Hill Springing
- High Knees
- Quick Steps
- Big Steps
- Skipping
- Scissor Splits
- Vertical Hops
- Squat Jumps

Barrier Running and Conditioning

- Lateral Hopping over Barrier
- Barrier Running w/o Bike
- Barrier Running w/ Bike

Starting in September:

Weekday Training

- One day of sprint training on the bike or running – These are hard explosions from a low speed to simulate the kind of accelerations used during the race. Mix in doing these on the hills, flats, and starts. Include a block of CP Sprints.
- One day of Threshold efforts building to 15-20 minutes long. After the BUILD Phase add a training race of 3 minute long intervals at AT+ to the workout do as many as you can handle. Include a block of Sub maximal VO2 intervals.
- One day of endurance riding. For Beginners – 2 hours, Intermediate – 2.5 – 3.5 hours; Advance 3-4 hours; Elite 3.5 – 5 hours.
- Two days of easy recovery riding and stretching.

Weekend Training

- Saturday, Race or repeat Sprint workout.
- Sunday, Race or road ride the length as the weekday endurance ride combined w/threshold intervals.

Other Intervals to Incorporate into Training

- Power Sprints – Up hills, 15 seconds on x 2 – 5 minutes off.
- Speed Sprints – On Flats 15 seconds on x 1 – 3 minutes off.
- Starts – 30 seconds on x 2 – 5 minutes off, do 8-10 repeats.
- CP Sprints.

Plyometrics – After building a solid strength and conditioning base.

Low Level Exercises for Legs

- Squat Jumps
- Scissor Jumps
- Pogo
- Side Hop

Moderate Level Exercises for Legs

- Single-Leg Stair Bouncing
- Single-Leg Progression Hop

W/Medicine Ball - *These exercises will help condition the upper body and torso:*

- Horizontal Swing
- Vertical Swing
- Scoop Toss
- Chest Push
- Chest Push w/Run Release

Resources:

MillerCyclingWorks; mcmiller200@gmail.com
Cycle-Smart; www.cycle-smart.com
Cyclo-Cross: Training & Techniques; Simon Burney
High Powered Plyometrics; James C. Radcliffe & Robert C. Farentinos