

Front Rangers Cycling Club Warm Up Protocols

General Warm Up Information:

Warm up is an important step in recreational physical activity and sport training/performance. It prepares the body for the stress and strain of physical activity and can reduce your risk of injury or serious side effects like heart attack. According to scientific investigation, it only takes 5-8 minutes to warm the muscles and reduce your risk.

Training Warm UP:

Front Rangers Cycling Club will always start with 10-15 minutes, at a minimum, of low to moderate intensity riding before challenging club members to exert high intensity effort. This will usually be part of the ride.

Competition Warm Up:

It is important for every rider to experiment with their warm up and training to find what works best, and the Front Rangers Cycling Club coaches can help speed up the process for finding what works. Here is a recommended competition warm up for our riders. This can be performed on a trainer, rollers, or out on the road. If performing out on the road, riders should continue to follow the rules of the road to avoid unnecessary danger.

1. 10-15 minutes of low to moderate intensity riding at a relatively moderate to high cadence (90-120 rpm). Flat terrain or stationary equipment are most appropriate.
2. 5 minutes of tempo (zone 3) intensity riding at a moderate cadence (90-105 rpm). Remember, this is the intensity that can be sustained for a long period of time (90-120 minutes of continuous riding), will produce higher heart rates, increased breathing (though still allowing talking in short sentences), and produces mild muscle fatigue or discomfort. Any terrain is appropriate, but hill climbing may lower the desired rpm.
3. 2-5 minute recovery period.
4. 3 minutes of TT (zone 4) intensity riding at a moderate cadence (90-105 rpm). Remember, this intensity is sustainable for about 60 minutes of continuous riding and will produce more of the expected effects as the Tempo intensity. Any terrain is appropriate.
5. 2-5 minute recovery period.
6. 2x 20-30 second maximum spin at maximum effort and maximum power. Time between efforts should be full recover and that will depend on the rider; a good guess is 5 minutes. Any terrain is appropriate.
7. TOTAL TIME: 28-39 minutes.
8. Riders should have 10-20 minutes before the start of their event, and if possible should fill this time with low intensity riding to keep the muscles warm. It may be more important to get a good start spot, so riders have to make that decision.
9. Riders might want to plan time for a bathroom break before, during, or after this warm up.