Join endurance sports strength training expert Al Painter, BA, NASM-CPT, PES, CES on Tuesday October 28, 2014 at 6pm and learn a proven approach to easily put together an in season training program.

Programming is critical to get the most out of any training routine, and Al will take all of the guesswork out of it for you. You will be shown five simple moves that will completely simplify the way you train and get you the results you want.

This program will easily work at the gym, at home or the school where your riders are based. The best part about this is that all of the exercises can be modified to meet ANY fitness/movement skill level.

The program includes full warm-up, workout and cool down for a two day a week off the bike workout schedule.

Topics to include:
- The best warm up exercises to improve your mobility and flexibility
- Why “X marks the spot” for performance improvement and injury prevention
- Two in season workouts
- A bodyweight routine for people without access to a gym or equipment
- A 20-week training template to help you create an in season core strength program
- Audience participation with video so you’ll have access to the workouts whenever you need them!

When: Tuesday October 28, 2014
Where: Sports Basement, Sunnyvale, CA
Time: 6:00pm to 8:30pm

About Al Painter, BA, NASM-CPT, PES, CES
“Think of Al Painter as a repairman for runners (or cyclists, swimmers and other endurance athletes).”
- SweatGuru.com

Al is the President and Founder of INTEGRATE Performance Fitness. He is also a National Academy of Sports Medicine (NASM) certified Personal Trainer, Performance Enhancement Specialist as well as a Corrective Exercise Specialist. He also holds a degree in Communications from Santa Clara University. His area of specialty is endurance athlete specific strength training.

Al is also a FitPro Expert on SweatGuru.com, contributor to VeloReviews.com; The Trainers blog; IPF blog as well as a member of the VeloReviews.com and “The Trainers” podcasts. He has also appeared on James Wilson’s “MTB Strength Training Systems” Podcast as well as David Bernstein’s “Fredcast Podcast.”

He also serves as a strength and conditioning consultant to the National Interscholastic Cycling Association which included writing the strength training chapter for their Coach’s Manual.

He’s been named “Best Bay Area Personal Trainer” by CitySports Magazine as well as being the recipient of a “People’s Choice Award” from the Palo Alto Daily News.

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The Keys to Riding Longer and Pedaling Stronger

You Need to Build Patterns
  • Basics are ALWAYS best
  • Build fundamentals BEFORE you progress
  • Take the time to get better
  • Movement Mastery = Mastering Monotony!
  • Absolutely nail the hinge pattern: critical for the seated position on the bike
  • Don’t build strength on dysfunction
  • Learn how to pack your chin
  • Master breathing

The five movements to train every off season workout
  1. Loaded Carries
  2. Hinge
  3. Push
  4. Squat
  5. Pull
  6. Do them right, and you WILL build a strong core without having to do more.

Off Season: Five Phases, 20 Weeks, One Goal = GET FASTER

1. October = Mobility (improve joint range of motion)
   a. :30-.40/exercise
   b. 45:- 1:00 of rest between exercises
   c. 2:00 of rest between laps
   d. 3-4 laps depending on time
   e. Focus on total body movements that challenge the muscles in multiple planes
   f. Connect your X-patterns
   g. Crawling, rolling, diagonal loading work very well here

2. November = Stability (increase ability to control/stabilize loads, working on switchback control)
   a. We want time under tension, standing on one leg and split stance work
   b. Turn an exercise into a “plank” with a hold, static = :45-1:00/exercise
   c. 45:- 1:00 of rest between exercises, 2:00 of rest between laps
   d. 3-4 laps depending on time
   e. Loaded carries are the cornerstone here, offset loading works well
   f. Only have 20-30 mins? Then “Carry’n Crawl!”

3. December = Strength (move a load and get stronger!)
   a. 10 total reps: 5x2, 10x1, 1x10, 3x3, 2x5
b. COMPLETE recovery 2:00-3:00

c. It won’t feel like much, and that’s the goal!
d. Carry’n Crawl is great here

4. January = Strength Endurance (How long is your strong?)
   a. Think hill repeats in big gears and low rpms
   b. Density combos of 2-3 exercises for time
   c. I like split stance work for endurance athletes here
   d. Carry + Hinge + Squat works great
   e. FULL 3:00-5:00 recovery between sets
   f. 2-3 laps using form as an indicator

5. February = Metabolic Conditioning (How fast can you make your strong?)
   a. Move, QUICKLY!
   b. Move for :20-:30
   c. Rest for :20-:30
   d. Great way to train energy systems off the bike
   e. LIGHTER loads + faster movements
   f. Use compound moves: squat + press, hinge + pull, etc
   g. Crawling works great + compound move
   h. 3-4 laps depending on time
   i. 2:00-3:00 COMPLETE recovery between laps

**To make pushing/pulling more challenging load asymmetrically:**
   • ONLY AFTER BASICS HAVE BEEN MASTERED!!
   • One arm + Two Legs, Two Arms in a split stance, Alternate arms in a split stance
   • One Arm in a split stance, Tall kneeling on two knees with two arms, Tall kneeling on two knees with alternate arms
   • Tall kneeling on two knees with one arm, Kneeling in lunge position with two arms
   • Kneeling in lunge with alternate arms, Kneeling in lunge position with one arm
   • One Leg + Two Arms, One Leg + Alternating Arms, One Leg + One Arm
   • Work one limb, you are working the rotational muscles that challenge the core and improve strength.

6. March to September = In Season Maintenance
   a. Combine phases for your workouts

In Season Body Weight Workout
   • Ideally 2-3x/week on off days
   • Take one lap of the warmup/workout post ride!
   • Warmup 1-2 laps depending on time
     o Neck Nods x :30
     o Hip Rocks x :30
     o Circular Hip Rocks x :30
     o Rolling Patterns x :30
     o Bird Dogs x :30
     o Dead Bugs x :30
   • Workout 3-4 laps
Standing X-Crawl x :90
Marching in place on balls of feet x :90
Forward crawling for 1:00-2:00 minutes with a 1:00 rest between sets x 4-5
• Backwards crawling for 1:00-2:00 minutes with a 1:00 rest between sets x 4-5

In Season Exercise Band + Bodyweight Workout
• Ideally 2-3x/week on off days
• Using partners saves time, gets more work in and builds team chemistry
• Take one lap of the warmup/workout post ride, run or swim!

Warmup 1-2 laps depending on time
• Neck Nods x :30
• Hip Rocks x :30
• Circular Hip Rocks x :30
• Rolling Patterns x :30
• Bird Dogs x :30
• Dead Bugs x :30

Workout 3-4 laps, :45/exercise, :30-:45 of rest, 2:00 rest between full laps
• Kneeling Anti Rotation Circles
• Kneeling Anti Rotation Press
• Single leg squats
• Split stance single arm press
• Split stance single arm+ pull
• Single leg 3-PT Reach + Hold
• Knees off the floor makes crawling more “fun,” BUT it is much more advanced and should ONLY be done after regular crawling is mastered.
• Forward crawling for 1:00-2:00 minutes with a 1:00 rest between sets x 4-5
• Backwards crawling for 1:00-2:00 minutes with a 1:00 rest between sets x 4-5

Books
• “To the Max: Functional Training for the Endurance Athlete,” Juan Carlos Santana
• “Essence of Band and Pulley Training Companion Guide,” Juan Carlos Santana
• “INTERVENTION,” Dan John
• “Active Isolated Stretching: The Mattes Method,” Aaron Mattes
• “Original Strength,” Time Anderson
• “Original Strength Performance,” Time Anderson

Additional Resources
• INTEGRATE Performance Fitness Blog, www.integratefitness.com/blog
• “The Trainers” Group on Facebook, www.facebook.com/groups/thetrainers
• “BandSTRONG” by Dave Shmitz, www.bandstrong.com

If you have additional questions or would like to contact Al and have a training program set up for your team, send an email to info@integratefitness.com.