

Local ACT Racing Calendar

Date	Start	Race Type	Course	Organising Club
Tues. 9 th October	From 5:50pm	Summer Series Evening Criterium	Stromlo Forest Park (SFP)	ACT Veterans CC
Wed. 10 th October	From 4:30pm	Summer Criterium Series - graded	Stromlo Forest Park (SFP)	Canberra CC
Thurs. 11 th October	From 5:50pm	Super Crits – graded criterium	Stromlo Forest Park (SFP)	Vikings CC
Tues. 16 th October	From 5:50pm	Summer Series Evening Criterium	Stromlo Forest Park (SFP)	ACT Veterans CC
Wed. 17 th October	From 4:30pm	Summer Criterium Series - graded	Stromlo Forest Park (SFP)	Canberra CC
Thurs. 18 th October	From 5:50pm	Super Crits – graded criterium	Stromlo Forest Park (SFP)	Vikings CC
Sat. 20 th October	9am	Corin Classic - Graded scratch	Base of Corin Rd, summit finish	Canberra CC
Sun. 21 st October	9am	Corin Time Trial	Base of Corin Rd	ACT Veterans CC
Tues. 23 rd October	From 5:50pm	Summer Series Evening Criterium	Stromlo Forest Park (SFP)	ACT Veterans CC
Wed. 24 th October	From 4:30pm	Summer Criterium Series - graded	Stromlo Forest Park (SFP)	Canberra CC
Thurs. 25 th October	From 5:50pm	Super Crits – graded criterium	Stromlo Forest Park (SFP)	Vikings CC
Tues. 30 th October	From 5:50pm	Summer Series Evening Criterium	Stromlo Forest Park (SFP)	ACT Veterans CC
Wed. 31 st October	From 4:30pm	Summer Criterium Series - graded	Stromlo Forest Park (SFP)	Canberra CC
Thurs. 1 st November	From 5:50pm	Super Crits – graded criterium	Stromlo Forest Park (SFP)	Vikings CC
Sat. 3 rd November	9am	ACT Hill Climb Championships	Mount Majura Winery	Canberra CC
Sun. 4 th November	9am	Uriarra graded scratch	Uriarra Hmsid, Condor Ck, Uriarra crossing	ACT Veterans CC
Sun. 4 th November	TBC	CORC Downhill Series – Rd 6	Isaacs Ridge	CORC
Tues. 6 th November	From 5:50pm	Summer Series Evening Criterium	Stromlo Forest Park (SFP)	ACT Veterans CC
Wed. 7 th November	From 4:30pm	Summer Criterium Series - graded	Stromlo Forest Park (SFP)	Canberra CC
Thurs. 8 th November	From 5:50pm	Super Crits – graded criterium	Stromlo Forest Park (SFP)	Vikings CC
Sat. 10 th November	5pm	CORC XC Series – Rd 6	Stromlo Forest Park (SFP)	CORC
Sun. 11 th November	9am	ITT Club Championships	Tharwa short course	Canberra CC
Sun. 11 th November	9am	Circuit graded scratch	Sutton Driver Training Circuit	ACT Veterans CC
Tues. 13 th November	From 5:50pm	Summer Series Evening Criterium	Stromlo Forest Park (SFP)	ACT Veterans CC
Wed. 14 th November	From 4:30pm	Summer Criterium Series - graded	Stromlo Forest Park (SFP)	Canberra CC
Thurs. 15 th November	From 5:50pm	Super Crits – graded criterium	Stromlo Forest Park (SFP)	Vikings CC
Sun. 18 th November	9am	Old Fed Hwy graded scratch	Gravel pit Old Federal Highway	ACT Veterans CC
Tues. 20 th November	From 5:50pm	Summer Series Evening Criterium	Stromlo Forest Park (SFP)	ACT Veterans CC
Wed. 21 st November	From 4:30pm	Summer Criterium Series - graded	Stromlo Forest Park (SFP)	Canberra CC
Thurs. 22 nd November	From 5:50pm	Super Crits – graded criterium	Stromlo Forest Park (SFP)	Vikings CC
Sun. 25 th November	8am	Uriarra Homestead Time Trial	Uriarra Homestead	ACT Veterans CC
Sun. 25 th November	10am	Honeysuckle Hammer – graded	Smiths Road, Tharwa	Vikings CC
Tues. 27 th November	From 5:50pm	Summer Series Evening Criterium	Stromlo Forest Park (SFP)	ACT Veterans CC
Wed. 28 th November	From 4:30pm	Summer Criterium Series - graded	Stromlo Forest Park (SFP)	Canberra CC
Thurs. 29 th November	From 5:50pm	Super Crits – graded criterium	Stromlo Forest Park (SFP)	Vikings CC

HEALTH

Lower limb strength and cycling – the crucial relationship

By Jim Fuller – Physiotherapist (BHLTH and MPHYS) and APPI Certified Pilates Instructor

Now that the Tour de France for 2018 is behind us, seeing Geraint Thomas power down the Champs-Elysees poses the question of 'What strengthening exercises do I need to be doing to improve my cycling?'

Common complaints that we see at our two clinics at Sport and Spinal Physiotherapy (Gungahlin/City West) are:

- Calf muscle fatigue
- DOMS (delayed onset muscle soreness) surrounding the hip
- Tight lower back
- Stiff neck

In this article we will explore the first two of these common conditions. The exercises I have prescribed form a good starting point to build up your leg muscle strength and endurance.

Note – it takes approximately six weeks of solid training to build up significant strength in your lower limbs.

Calf muscle fatigue

Calf muscle fatigue can cause great annoyance to recreational and elite cyclists alike. Clip-in shoes allow us to generate power throughout the range of a pedal stroke. Alas, the importance of strong calf muscles is highlighted here as the demand is high on this muscle group with all forms of cycling.

Exercise – Single leg calf raise off a step.

Starting position – Stand on the edge of a step so the front of your foot is touching. Your other foot should be behind, out of the way.

Movement – Slowly lower your heel down below the neutral point of the step, then push up through your heel up above the step.



DOMS

i) Quadricep

Quads form the large muscle group at the front of your thighs. It is important to work on the strength of your quads as they help to generate force in the 'pull-upstroke phase' and transition into the 'push-power phase'.

Exercise – Step ups

Starting position – Stand flat on the ground with a step in front of you.

Movement – Lift up one leg onto the step, gently squeezing the muscles at the front of your thigh. You should have all your weight on this one leg as you bring your body up. Slowly come back down onto your other leg to flat ground.



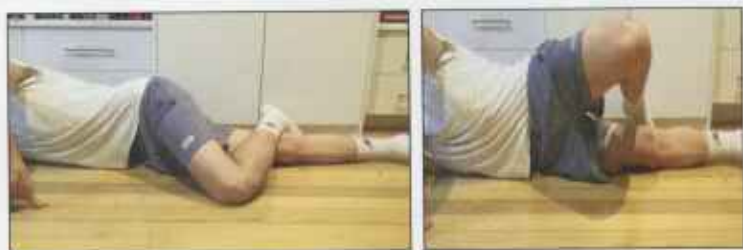
ii) Gluteals

Glutes are most active at the top of the pedal stroke and are required to assist you to push down on the pedal. A lot of cyclists we see at Sport and Spinal Physiotherapy have overactive quads and weak glutes, thus creating an imbalance in our pedal stroke.

Exercise – Clams

Starting position – Lying on your side, have your underside knee straight and your top knee bent with your foot resting behind your opposite knee. Tip your pelvis forwards slightly.

Movement – Lift your top knee, keeping the hip and foot still. Lift as high as you can without moving your pelvis and then lower back down to your starting point.



iii) Hamstring

The 'hammys' help your pedal stroke by bending the knee and sweeping the pedal back. This in turn allows you to continually work over the crank with some power.

Exercise – Single leg bridge

Starting position – Lay on your back with one knee bent to 90 degrees (foot down) and the other knee bent but your foot is in the air. This leg should make an angle of 90 degrees between you stomach and hip.

Movement – lift your hip by pushing down through your heel. Aim to have a straight line between your hips, shoulders and knee. Crucial to note here that it is also a core strengthening exercise so it is a good idea to gently engage your abdominals.



iv) Iliopsoas

The hip flexor region assists the pedal towards the top of the stroke before commencing another revolution.

Exercise – Lunge-lifts

Starting position – Start in a slight lunge position with both sets of toes pointing straight. The front knee should be slightly bent, the behind knee should be straight.

Movement – Push down through your front foot and bring the rear leg up to chest height with the knee bent. Slowly lower back down to enhance control of the movement.

**Sets/ reps/ form-**

In terms of numbers (per day), we are aiming for three sets to failure. What we mean by failure is that you are unable to correctly perform the exercise due to fatigue. Also, we want to repeat the exercises for both sides. Technique is a crucial component of building strength. Using a mirror is a clever way to gauge your technique and get real-time feedback of your form.

Other important things of note include –

1. The importance of proper bike setup is not to be understated. <http://www.sportandspinalphysio.com.au/what-is-the-best-bike-position-for-cycling>
2. Core strength is crucial for all cyclists. It allows you to optimise your control and to increase your endurance and comfort on long rides. <http://www.sportandspinalphysio.com.au/5-core-strength-exercises-cyclists/>
3. Stretching and subsequent flexibility on the bike is vital. Keeping those neck and shoulder muscles moving freely will allow you to enjoy your biking more. <http://www.sportandspinalphysio.com.au/bike-fitting-improve-neck-shoulders-wrists-body-position-bike/>

Heading into spring with the warmer weather returning, and getting those strengthening exercises completed every day will help your cycling extensively. We all hope to emulate Geraint Thomas soon!

Jim Fuller is a Physiotherapist and Pilates instructor at Sport and Spinal Physiotherapy. He is an avid cycling enthusiast and is often found either on his road or mountain bike around Canberra. He has competed in many local and interstate events over the past 10 years. 🚴