



# Cycling Fitness 101

## Altarum Institute Professional Women's Cycling Team



Altarum Institute is a proud sponsor of the Altarum Institute Professional Women's Cycling Team. Part of the Institute's wider initiative to encourage wellness and healthy living, the Altarum women's cycling team teaches "Cycling Fitness 101," an educational program for elementary students that promotes the virtues of exercise, proper nutrition, and cycling safety. Now in its second year, this innovative program is not only fun, but helps teach students the importance of physical fitness and proper dietary and health choices.

### The Cycling Fitness 101 program has the following objectives:

- Teach students about the importance of nutrition and a healthy lifestyle
- Show students exercises that will help with the strength and flexibility of muscles needed for cycling
- Provide students with an overview on bike racing, strategy, and the components of preparing to race at the national level
- Demonstrate to students how to practice proper bike safety

### Structure

- 50 minute workshop
- Approximately 30 students per workshop
- The Cycling Fitness 101 workshop has 5 stations which kids rotate through (each station = 8 minutes)
- Students will have the opportunity to ask questions during the stations and handouts will be provided at each station as appropriate

### Would you like Cycling Fitness 101 in your school?

Please contact Marijka Lischak at [maria.lischak@altarum.org](mailto:maria.lischak@altarum.org) or (703) 575-1684.

### What is required of the school?

- A point of contact/sponsoring teacher from the physical education department or aftercare program to coordinate with Altarum Institute's point of contact
- A class period and space (preferably a gym) to hold the Cycling Fitness 101 workshop



# Cycling Fitness 101 >> continued

## Station 1: Fueling up for Performance and Recovery

- Description of typical cyclist diet
- “Super” foods
- Importance of hydration (water vs. soda)
- Reinforcement of good in = good out

## Station 2: Strength and Flexibility

- Description of muscles used in cycling:
  - Quadriceps
  - Hamstrings
  - Gluteus
  - Core
  - Triceps
- Lead students through exercises that help develop these muscle groups:
  - Wall sits
  - Bridges
  - Plank
- Lead students through stretches to keep muscles loose:
  - Downward dog
  - Forward Bend
  - Cobra
  - Seated forward fold

For further information about Altarum Institute's Professional Women's Cycling Team program, please contact:

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## Station 3: Race Skills and Strategy

- Cycling is a team sport — each rider has a specific job
- Team decides how to race riders based on course
- Race skills
  - Drafting
  - Attacking
  - Counter
  - Breakaway
  - Sprinting
- Race Simulation

## Station 4: The Bike, Handling Skills, and Riding Safely

- Description of different parts of a road bike
- Equipment needed to race a bike
  - Helmet
  - Shoes/Cleats
  - Water bottles
  - Jersey and Chamois
- Tips on handling a bike safely

## Station 5: Training to Compete

- Description of typical training schedule
  - Training on the bike — spin ups, climbing, sprints
  - Cross-training
  - Group rides
  - Training races
- Training Tools
  - Heart rate
  - Power Meters
  - Training buddies