

### Is just riding your bike enough?

There will always be additional (alternative) training you can do for such an event (weight training, swimming, running, core stability, yoga, Pilates, etc)...

It is suggested that as a minimum you should devote time each week to **stretching and core stability** so you are **fit to ride**. In addition, **regular massage** is often beneficial to help keep you in the saddle.

Following is a list of stretches and exercises it is recommended you perform as a **minimum**- both to get you through the weeks of training with reduced risk of injury, but also to get you through the event itself.

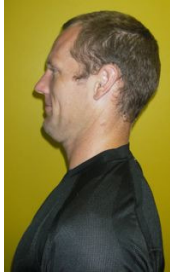
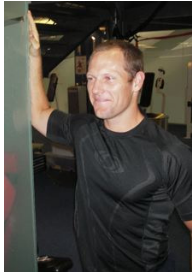
**NOTE:**

-Program is a 'suggested minimum'. This will not substitute a comprehensive, customised core stability / Pilates / Yoga program implemented by a Health Professional.

-All stretches are into 'tightness', but not pain. If you experience pain, back the stretch off slightly. If pain persists once the stretch is released, contact your Health Professional.

-If you are unsure about any of the techniques, contact Blair Martin The Body Mechanic, or your Health Professional.

### BMC Mountains to Beach- 'Fit to Ride' program

	<p><b>Chin Tucks- at work</b>          Sitting at desk, looking straight ahead.          Give yourself a double chin (keep face vertical).          Hold 5 seconds.          Repeat x 3  <b>Perform every 2 hours.</b></p>
	<p><b>Pectoralis Major Stretch</b>          Standing in doorway, shoulder and elbow bent to 90 degrees with forearm up doorframe.          Lunge forward to stretch front of chest. (Keep torso perpendicular to door frame).          Hold 20 seconds.          Repeat x 2 each side.  <b>Perform at the end of the day.</b></p>



### **Thoracic Extension Stretch**

Lying on your back, hips and knees bent, feet on the floor. Have rolled up towel placed crossways underneath your back, in the mid-back (thoracic) area. Lift arms above head to rest on the floor. Hold 20 seconds. Repeat with towel in a slightly higher position. **Perform at the end of the day.**



### **Gluteal Stretch**

Lying on back, 1 leg bent with foot on floor, other knee drawn towards chest. You should feel stretch in your buttock. Hold for 20 seconds. Repeat, x 2 each side. **Perform pre- and post-exercise.**



### **Psoas Stretch**

Kneel on left knee, on folded towel. Right hip bent, foot on floor. Draw forwards at the hip, keeping pelvis horizontal (buttock tucked under). You should feel stretch down the front of your hip and thigh. Hold 20 seconds. Repeat x 2 each side. **Perform pre- and post-exercise.**



### **Hamstring Stretch**

Lying on back, hip and knee bent with foot on ground. Hook other foot through towel, lift leg in air until you feel a stretch down the back of your leg. Hold for 20 seconds, then release. Perform x 2 each side. **Perform post-exercise.**



### **Calf Stretch- Soleus**

Standing facing wall, hands on wall, 'stride standing'. (One foot forward of other). Bend both knees, keeping heels on the ground, with most of body weight on rear foot. Bend until you feel stretch deep in the rearward calf. Hold 20 seconds. **Repeat each side.**



### **Calf Stretch- Gastrocnemius**

Standing facing wall, hands on wall, 'stride standing'. (One foot forward of other).

Keep rear leg straight, and bend forward knee.

Keeping heels on the ground, lean into the wall until you feel stretch on the outside of the rearward calf.

Hold 20 seconds.

**Repeat each side.**



### **Transverse Abdominus**

Lying on back, fingertips in small of back, hips and knees bent to 90 degrees.

Draw belly button up and in, so back flattens onto fingertips.

Slowly lower 1 leg until pressure on fingertips decreases (ie until you can't keep your back flat on the floor).

Return leg to 90 degrees.

Repeat with other leg.

Perform x4 – x12 each side.

Rest and repeat.

**Perform x4 per week.**

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