



4 Week - FOUNDATIONS STRENGTH PROGRAM

TOTAL TIME : 45 minutes

- Warm Up + Workout

EQUIPMENT: Resistance Bands (Long)

WARM UP - Time: Max 12 mins RPE:5-7

- 5 mins of Easy Cardio – Treadmill/Skipping Rope/Jog/Bike/Rower etc
- 5+ mins Marching on the spot incorporating:
 - 10x ea. leg – Stand tall, lift 1 knee and tap the inside of the foot w/ opposite hand
 - 10x ea. side - Kick your right heel towards your butt and reach back with the left hand and tap the your right heel.
 - 10x ea. side - Tin Soldier walk – with 1 straight leg extended on ground, with a bent supporting leg bend forward, lifting the toes of the extended leg and with the heel on the ground, reach for the toes of that foot with both arms in a scooping motion. Step to alternate legs.
 - 10x ea. side - Tin Soldier walk – with straight leg kick up, stand tall and with a smooth kicking motion extend a straight leg out in front of you, reach for the toes of that foot with the opposite arm, keep a soft knee in the standing leg. Step to alternate legs.
 - 10x ea. leg -1 Leg Deadlift,
- 10x - See Wall Squats
- 10x - Stick'em Ups
- 10x - Wall Pushups – dynamic hands
(see video link for demonstration)

After the warm-up, set a timer for ~45 minutes and, with great form, get through as much of the workout as possible.

WORKOUT - Time 10-30+mins RPE:7-8

- Each week add the reps listed in brackets to the total rep count.

Circuit A – Body Weight – 3 Rounds

- 8x (+2) Split Squat – Left foot on ground, right foot behind and elevated on low bench
- 8x (+2) Split Squat – Right foot on ground, left foot behind and elevated on a low bench
- 8x (+1) Push-Up – Full-Stop
- 8x (+2) 1-Leg Deadlift - Left foot on the ground, right foot raised and extended behind.
- 8x (+2) 1-Leg Deadlift – Right foot on the ground, left foot raised and extended behind
- 9x (+3) Skipping on the spot – add a powerful bounce every 3rd skip. Get as much height as possible, soft knees, and move with height and power!



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Circuit B – Core Work – 2 Rounds

- 20 secs (+5 secs) Glute Bridge - laying on the ground, facing up, knees bent, heels on ground squeezing your glutes, engaging your core to raise to bridge position.
 - Variation 1 Single Leg, leg vertical (raising sole of foot to ceiling), squeezing your glutes, engaging your core to raise to bridge position.
 - Variation 2 Straight Leg Back Bridge - laying on the ground, facing up, heels on a low bench (eg stool or box). Legs are straight, squeezing your glutes, engaging your core to raise to bridge position.
- 10x (+5) Side Bridge from knees w/Clamshell - Left
- 10x (+5) Side Bridge from knees w/Clamshell - Right
- 8x (+2) Deadbug with extensions – From a Deadbug position, for 3 seconds extend your hand and opposite foot to the floor while pressing your back into the ground. Exhale slowly, pull your belly button away from the ceiling AND move with control. Move the foot and hand back to the starting position and repeat with the other hand and foot. = 1 rep.
- 5x (+2) Front Plank w/rotation - Start in a front plank (front bridge) position. Your feet should be shoulder-width apart. Roll onto the left side of your feet, shift the load onto your left forearm, rotate your torso 90 degrees and reach for the ceiling directly overhead with your right arm. Pause for 2 seconds, return to the start and then do the same on the opposite side. = 1 rep.
- 8x (+2) Back Extension – Lay face-down, keeping your nose on the ground throughout this movement. Raise your extended arm and extended opposite leg off the ground. hold for 2 seconds and, with control, lower them to the ground. Repeat with the opposing limbs. =1 rep.
- 10x (+4) Ice Skater – Lateral 1 leg Hop, high (vs far), Pause upon landing. We are looking for height rather than distance. Keep the jump distance equal to, or shorter than ~2x your shoulder width. There should be Zero joint pain. Be mindful to absorb the landing with strong knee and ankle alignment (no buckling) The focus is an explosive change of direction.

Circuit C – Band Work – 3 Rounds (w/workout bands or a bicycle tube.)

- 8x (+2) 1 Arm Row – left w/band
- 8x (+2) 1-Arm Row – right w/band
- 8x (+2) Hip Hinge – OPTION - add resistance w/ band around the waist secured to a fixed location.
- 8x (+2) Side Hop – To the Left w/band around the waist secured to a fixed location
- 8x (+2) Side Hop – To the Right w/band around the waist as above.
- 8x (+2) Pallof – w/band secured on left side
- 8x (+2) Pallof – w/band secured on right side

Have a fantastic workout !



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WORKOUT PROGRESSION TABLE

- the following illustrates the rep increases for each exercise by week.

CIRCUIT A

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SPLIT SQUAT Each Leg	8	10	12	14
PUSH UP	8	9	10	11
1-LEG DEADLIFT Each Leg	8	10	12	14
SKIPPING	9	12	15	18

CIRCUIT B

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
STRAIGHT LEG BACK BRIDGE	20sec	25sec	30sec	35sec
SIDE BRIDGE (Clamshell) Each Side	10	15	20	25
DEADBUG	8	10	12	14
FRONT PLANK (w/Rotation) Each Side	5	7	9	11
BACK EXTENTION	8	10	12	14
ICE SKATER	10	14	18	22

CIRCUIT C

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 ARM ROW Each Arm	8	10	12	14
HIP HINGE	8	10	12	14
SIDE HOP Each Side	8	10	12	14
PALLOFF Each Side	8	10	12	14

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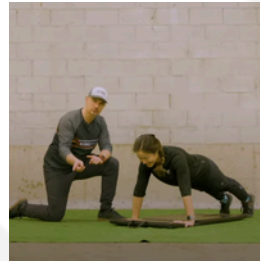
EXERCISE - VIDEO LINKS

➔ Click Text or Photo

- [Warm Up](#)

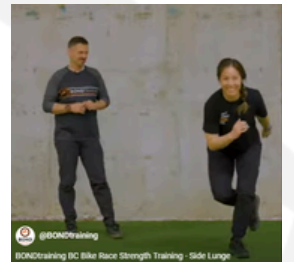
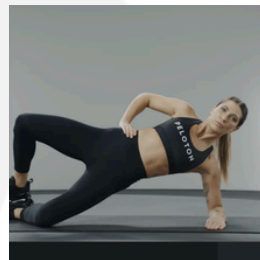
CIRCUIT A

- [Split Squat](#)
- [Full Stop Push Up](#)
- [1-Leg Deadlift](#)



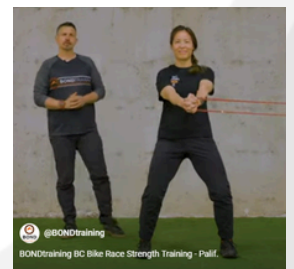
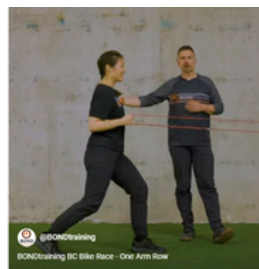
CIRCUIT B

- [Glute Bridge](#)
- [Side Bridge w/ clamshell](#)
- [Deadbug](#)
- [Front Plank Rotation](#)
- [Back Extension](#)
- [Ice Skaters](#)



CIRCUIT C

- [1 Arm Row](#)
- [Hip Hinge](#)
- [Side Hop](#)
- [Pallof](#)



Have a fantastic workout !



4 Week - **FOUNDATIONS STRENGTH PROGRAM**

RATE OF PERCEIVED EXERTION (RPE) & REPS IN RESERVE (RIR):

- RPE is a way to gauge how hard you're working during exercise, rated on a scale from 1 to 10. Here's what the numbers mean:

1-3 : Very easy (like resting)

9-10 : Extremely hard (your maximum effort)

- For those new to strength training or returning after a break, aim for an RPE of 6-7 during workouts. This means you can do 10-15 reps and still have 3-4 reps left in the tank (RIR) at the end of your set.

KEY POINTS

- The first set can be easier (higher RIR), acting as a warm-up.
- If you feel you could do 3 or fewer extra reps after a set, it's too hard (higher than RPE 7). Try lighter weights.
- If it feels too easy (RPE 6 or less) and you could do 5 or more extra reps, increase the weight or intensity.
- In the early program days, aim for an RPE of 5-6 in your first round to get familiar with the movements. For the next sets, aim for RPE 7 and RIR of 3-4.
- Factors like lack of sleep, stress, or nutrition can make workouts feel harder. If a workout feels tougher than RPE 7, reduce the intensity. On easier days, you may need to increase the load to maintain the desired RPE.
- After four weeks, you can repeat the program. In the next phase, aim for a consistent RPE of 7 or 8 or an RIR of 2-3 to further improve your strength if you've been consistent with your training and recovery.



BONDTRAINING **STRENGTH PROGRAM OPTIONS**

BONDtraining is pleased to provide BC Bike Race registrants with this **BCBR Foundational Strength Training Program**, designed to introduce riders to the foundations of a cycling focused strength training program.

This introductory program is perfect for riders who are new to strength training, or those wanting to reintroduce a strength program into their training.

- The program offers weekly progression options, and includes video links for guidance.
- After completing this 4-week program, Riders can repeat the program, increasing the weight and decreasing the reps.
- Riders looking to progress to an expanded strength training program can register for one of the BONDtraining BC Bike Race focused and periodized Strength training plans. Plans issued monthly. Details and options provided below.

NEXT STEPS

BCBR Periodized Strength Training Plans

- Riders looking for a more comprehensive strength training program can register for a periodized BC Bike Race focused training plan.
- All plans are designed to optimize your training in the lead up to the start of the 2025 BC Bike Race Event.
- Select the program length based on the month you wish to start your program, eg 4 month program starts March 1st.

This plan includes

- An event focused Strength Training Plan designed specifically for riders preparing for the BC Bike Race.
- Up to 6 monthly plans both periodized and optimized to support your training in the months leading up to day 1 of your BC Bike Race event.
- Plans issued Jan 1, Feb 1, Mar 1, Mar 30, May 1, Jun 1
- Exercise variations and progression options for different levels.
- Access to BONDtraining coaching videos and instruction

Option Add (subject to availability)

- Coach Connect Call(s)
- Plan Customization

Registration

- Registration is available online [HERE](#)
- BCBR Participants can Pre-Register before Jan 1 for a full 6month program.
- Alternatively select your start date and length of your program
 - eg. 4 month program will start March 1st.



BONDTRAINING **STRENGTH PROGRAM OPTIONS**

BCBR Periodized Strength Training Plans

Registration is available online [HERE](#)

Pricing

- \$75.00 Deposit due upon registration all programs.
- Balance Payment due on plan issuance for the start month.
- **OPTION #1 - 6 month Program** - (Jan thru June)
 - \$75.00 Deposit due upon registration.
 - Balance of \$350 due 1st Jan
 - Plans issued Jan 1, Feb 1, Mar 1, Mar 30, May 1, Jun 1
- **OPTION #2 - 5 month Program** - (Feb thru June)
 - \$75.00 Deposit due upon registration.
 - Balance of \$295 due Feb 1st
 - Plans issued Feb 1, Mar 1, Mar 30, May 1, Jun 1
- **OPTION #3 - 4 month Program** - (Mar thru June)
 - \$75.00 Deposit due upon registration.
 - Balance of \$235 due Mar 1st
 - Plans issued Mar 1, Mar 30, May 1, Jun 1
- **OPTION #4 - 3 month Program** - (Apr thru June)
 - \$75.00 Deposit due upon registration.
 - Balance of \$175 due Apr 1st
 - Plans issued Mar 30, May 1, Jun 1
- **OPTION #5 - 2 month Program** - (May thru June)
 - \$75.00 Deposit due upon registration.
 - Balance of \$120 due May 1st
 - Plans issued Mar 30, May 1, Jun 1

Customized Programs

To connect with Jason and the BONDtraining team to review a customized training program email : jason@bondtraining.ca / ellen@bondtraining.ca

BONDtraining

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