SANDYMOUNT DODDER WHEELERS

STRENGTH TRAINING

WITH

POWERED BY

MOVEMENT

FITNESS

5 Reasons Why Cyclists Should Strength Train

5 Reasons Why Cyclists Should Strength Train

Cyclists are often laser-focused on miles logged, watts produced, and elevation gained. While endurance and aerobic conditioning are essential, strength training remains an often-overlooked but powerful tool for improving performance, reducing injury risk, and enhancing overall health. Whether you're a weekend warrior or a seasoned racer, incorporating strength work into your routine can yield major benefits. Here are five compelling reasons why cyclists should strength train.

1. Increased Power Output

Cycling performance depends heavily on power - how much force you can apply to the pedals. Strength training, particularly exercises like squats, deadlifts, and lunges, directly improves muscular strength and neuromuscular coordination. This means more force per pedal stroke, better acceleration, and improved climbing ability without necessarily increasing your training volume on the bike.

Key benefit:
Stronger muscles produce more watts, making you a faster, more efficient cyclist.

2. Injury Prevention and Joint Health

Cycling is a low-impact, repetitive-motion sport, which often leads to muscle imbalances, particularly weak glutes, tight hip flexors, and underdeveloped core muscles. Strength training addresses these imbalances by targeting stabilizing muscles that aren't activated during typical rides.

Key benefit:
Strength training fortifies tendons, ligaments, and joints - reducing the risk of overuse injuries like IT band syndrome, knee pain, or lower back issues.

3. Improved Endurance and Fatigue Resistance

Contrary to the myth that strength training bulks you up and slows you down, strategic strength work increases muscular endurance. Stronger muscles fatigue less quickly, helping you maintain form and

power even on long rides. Exercises like high-rep squats, Romanian deadlifts, and core circuits can improve muscular stamina without adding excessive mass.

Key benefit:
You'll feel stronger, longer - especially in the final miles of a tough ride or race.

4. Better Body Composition and Metabolic Efficiency

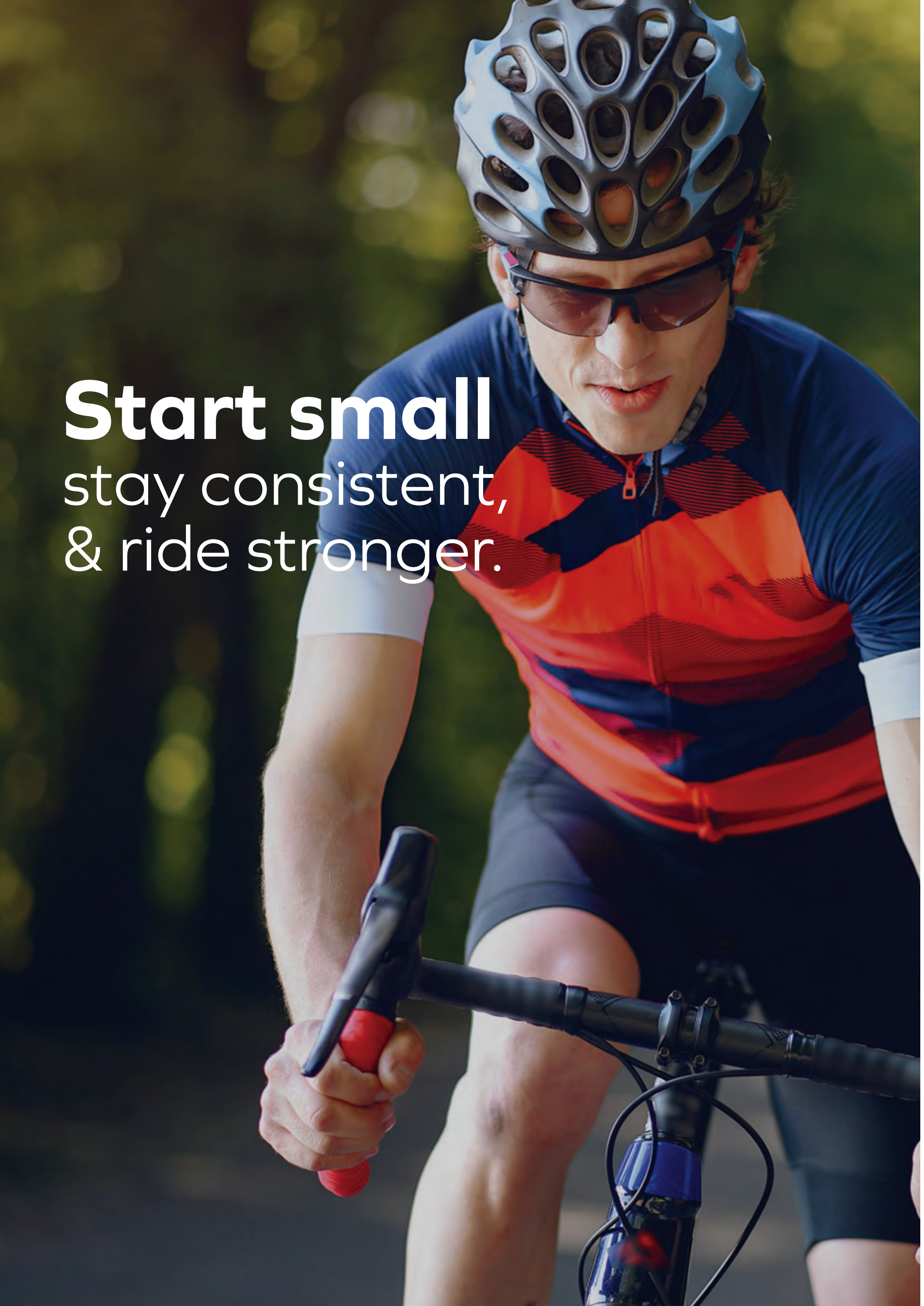
Cycling burns calories, but strength training boosts your resting metabolic rate by building lean muscle mass. A more muscular body burns more calories at rest and stores glycogen more efficiently, helping with long-term energy management and recovery. This is particularly helpful during off-season training when rides are shorter and less frequent.

Key benefit:
A leaner, more powerful physique that supports both performance and general health.

5. Enhanced Bike Handling and Stability

Strong core, hip, and shoulder muscles improve your control and balance on the bike. This is especially valuable on technical descents, during sprints, or when riding in a paceline. Exercises like planks, kettlebell swings, and rows enhance your body's ability to respond to quick shifts in terrain or position.

Key benefit:
Increased confidence and control on challenging terrain or in tight group rides.



Final Thoughts

Cyclists often fear that time in the gym will detract from time on the bike. But when done correctly, strength training complements cycling rather than competes with it. Just two sessions per week of focused strength work can result in measurable gains in speed, endurance, and resilience. It's not just about getting stronger—it's about becoming a better, more complete cyclist.

POWERED BY
MOVEMENT
FITNESS

@sandymountdodderwheelers

info@sandymountdodderwheelers.ie