

Cycling Training Protocol

THIS IS A PROTOCOL FOR A FULL TIME ATHLETE. ADJUST AS NECESSARY FOR YOUR TRAINING AND OTHER TIME DEMANDS!

Getting Acclimated to your Complex Sport (7-10 days prior to starting strength program*)	Resistance level 1-2 Quads	Active Recovery Quads	Active Recovery Quads	Resistance level 1-2 Quads	Active Recovery Quads	Resistance level 1-2 Quads	Rest
--	----------------------------	-----------------------	-----------------------	----------------------------	-----------------------	----------------------------	------

Cycle 1 Weeks 1-3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
COMPEX Program	1. Strength 2. Active Recovery**	1. Endurance 2. Active Recovery 3. Resistance***	1. Strength 2. Active Recovery**	1. Endurance 2. Active Recovery 3. Resistance***	1. Strength 2. Active Recovery**	1. Resistance*** 2. Active Recovery	Active Recovery**
Priority Muscle Group(s) *Choose the muscle group(s) most important to your training	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles 4. Abdominals/Low Back***	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles 4. Abdominals/Low Back***	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles 4. Abdominals/Low Back***	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles
Training Level	1-2	1-2	1-2	1-2	1-2	1-2	
Intensity*** (milliamps)	25-30 (minimum)	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	

Cycle 2 Weeks 4-6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
COMPEX Program	1. Strength 2. Active Recovery**	1. Endurance 2. Active Recovery 3. Resistance***	1. Strength 2. Active Recovery**	1. Endurance 2. Active Recovery 3. Resistance***	1. Strength 2. Active Recovery**	1. Resistance*** 2. Active Recovery	Active Recovery**
Priority Muscle Group(s) *Choose the muscle group(s) most important to your training	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles 4. Abdominals/Low Back***	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles 4. Abdominals/Low Back***	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles 4. Abdominals/Low Back***	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles
Training Level	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	
Intensity*** (milliamps)	30-35 (minimum)	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	

Cycle 3 Weeks 7-9	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
COMPEX Program	1. Strength 2. Active Recovery**	1. Endurance 2. Active Recovery 3. Resistance***	1. Strength 2. Active Recovery**	1. Endurance 2. Active Recovery 3. Resistance***	1. Strength 2. Active Recovery**	1. Resistance*** 2. Active Recovery	Active Recovery**
Priority Muscle Group(s) *Choose the muscle group(s) most important to your training	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles 4. Abdominals/Low Back***	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles 4. Abdominals/Low Back***	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles 4. Abdominals/Low Back***	1. Quads 2. Gluteus, Hamstrings 3. Calf muscles
Training Level	3 to 4	3 to 4	3 to 4	3 to 4	3 to 4	3 to 4	
Intensity*** (milliamps)	40-75 (minimum)	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	

* Use the Compex Sport to complement your normal strength training and cardiovascular conditioning. Protocols are to be used as a guideline.

** Active Recovery- can be used daily in addition to one of the strength programs, but not mandatory- use an intensity level sufficient to obtain vigorous muscular twitches.

***Add abdominal work at any time using the resistance program.

****Intensity- use significantly strong levels of stimulation to work the maximum number of muscle fibers.

Your goal is to reach and maintain an intensity level between 40 and 75 milliamps

for 3 weeks before proceeding to the next training level.