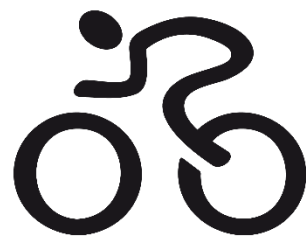




CYCLING



Athlete Training Guide



Week 1

Nutrition Focus

Eating right is important to your health and your sports performance. Eating right can be easy and enjoyable because there are many delicious healthy choices. Your goal is to eat at least 5 total fruits and vegetables every day! Here some examples of meals you can have for breakfast, lunch, and dinner that are packed with fruits and vegetables:

- **Breakfast:** Try making a parfait! Start with some yogurt and add in granola, nuts, and your favorite fruits and you have a quick and healthy breakfast!
- **Lunch:** Swap out your peanut butter and jelly sandwich for a peanut butter and banana sandwich. Not only will this satisfy a fruit serving, but it is also lower in fat, calories, and sodium. Add in a side of baby carrots for a well-rounded meal.
- **Dinner:** At dinnertime add in a side salad to get a wide variety of vegetables.

Training

1. Warm-up
 - a. Jog 1 lap around the cycling track. If no cycling track is available, jog for 5 minutes.
 - b. Stretch:
 - i. Jumping Jacks: 20 regular jumping jacks
 - ii. Leg Swings: Stand with your arms against a wall for balance; starting with your right leg, move the leg forward in front of your body. Begin by swinging your leg as far left as possible, then back as far right as possible. Perform 20 swings in each direction. Switch legs and repeat.
 - iii. Butt kicks: 25 meters. Kick your heels back as far as you can! Try and touch your heels to your bottom.
 - iv. Walking Lunges: 25 meters. Take one large step out with one leg and bend down as far as you can. Come back to a standing position and reach out with the other leg and repeat. Continue stretch for 25 meters.
 - v. Side Shuffle: 25 meters. Stand with knees slightly bent and shuffle in one direction for 25 meters. Once finished, stop and return back to your starting point by shuffling in the other direction.
2. Training:
 - a. Properly Fit your bicycle –
 - i. Make sure handle bars and seat is adjusted properly. When you sit on your seat, your leg that is on the bottom pedal should be almost straight.
 - ii. Check your brakes to make sure they are in proper working condition.
 - iii. Make sure tire pressure is at the correct PSI before riding your bicycle.



- iv. Ensure helmet is fitted properly and does not rattle on, or fall off, your head.
- b. Distance Training –
 - i. For your first practice ride your bike around your bicycle track for 10 minutes at a slow pace. If you do not have a bicycle track, take a ride around your neighborhood or block.
 - ii. Take a 5 minute break for water.
 - iii. Repeat your step one with a 10 minute bike ride. This time up to a moderate pace if possible, otherwise continue with the slow pace.
- c. Strength Training –
 - i. Squats
 - 1. Do 10 squats consecutively; do this for 3 sets
 - a. Stand with legs slightly wider than shoulder width apart. Slowly bend at the knees, sinking your bottom down until your thighs are almost parallel to the ground. Once there, slowly stand back up until you are standing straight again. Repeat.
 - ii. Reverse Lunge
 - 1. Do 10 reverse lunges with each leg; do this for 3 sets
 - a. Begin standing with your feet together. Take your right foot and step backwards about a yard, while slowly bending your right knee until it is almost touching the ground. Stand back up and bring your right leg back to a normal standing position. Repeat with your left leg.
 - iii. Calf Raises
 - 1. Do 10 calf raises consecutively; do this for 3 sets
 - a. Stand on a stair in a normal standing position. Place just your toes, or front of your foot, on the stair so your heels hang off. Slowly raise your heels up so you are standing on just your toes. Now lower your heels back down and sink your heels as low as they will go. Repeat.
- 3. Cool down
 - a. Walk one lap around the cycling track, if no cycling track is available walk for 5 minutes
 - b. Stretch:
 - i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times



- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
- iii. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.
- iv. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 2

Nutrition Focus

Now you know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Here is a list of the other food groups and some great choices in each group that make up a healthy meal or diet.

- Grains:
 - Brown or Wild, or Unpolished Rice
 - Oatmeal
 - Whole Grain Bread & Pasta
- Dairy:
 - Low-fat or Skim Milk
 - Low-fat Cheese
 - Low-fat, unsweetened yogurt (watch the sugar!)
 - Cottage Cheese
- Protein:
 - Lean Meats
 - Eggs
 - Fish (frozen, fresh or canned)
 - Nuts

Training

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 - b. Stretch:
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 - ii. Leg Swings: Stand with your arms against a wall for balance; starting with your right leg, move the leg forward in front of your body. Begin by swinging your leg as far left as possible, then back as far right as possible. Perform 20 swings in each direction. Switch legs and repeat.
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 - iv. Walking Lunges: 25 meters. Take one large step out with one leg and bend down as far as you can. Come back to a standing position and reach out with the other leg and repeat. Continue stretch for 25 meters.



- v. Side Shuffle: 25 meters. Stand with knees slightly bent and shuffle in one direction for 25 meters. Once finished, stop and return back to your starting point by shuffling in the other direction.

2. Training:

a. Start Training –

- i. Work on proper starts to races. Work on bike balance, leaving right at the start command, starting hard out of the gate.

b. Finish Training –

- i. Work on finishing strong through the finish line.

c. Strength Training –

i. Squats

- 1. Do 10 squats consecutively; do this for 3 sets

- a. Stand with legs slightly wider than shoulder width apart. Slowly bend at the knees, sinking your bottom down until your thighs are almost parallel to the ground. Once there, slowly stand back up until you are standing straight again. Repeat.

ii. Reverse Lunge

- 1. Do 10 reverse lunges with each leg; do this for 3 sets

- a. Begin standing with your feet together. Take your right foot and step backwards about a yard, while slowly bending your right knee until it is almost touching the ground. Stand back up and bring your right leg back to a normal standing position. Repeat with your left leg.

iii. Calf Raises

- 1. Do 10 calf raises consecutively; do this for 3 sets

- a. Stand on a stair in a normal standing position. Place just your toes, or front of your foot, on the stair so your heels hang off. Slowly raise your heels up so you are standing on just your toes. Now lower your heels back down and sink your heels as low as they will go. Repeat.

3. Cool down

- a. Walk one lap around the cycling track, if no cycling track is available walk for 5 minutes

b. Stretch:

- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times



- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
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- iv. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 3

Nutrition Focus

Now that you know what types of foods to eat here is how to build a healthy plate for a meal or for a snack.

- Watch the amounts of food you put on your plate
- Save junk food like desserts, chips and sodas for special occasions.
- Make half of your plate fruits or vegetables (see diagram below).
- Fill the other half with foods like whole grains, dairy, and protein.
- Add more fruits and vegetables to your meals.
- Keep snacks healthy and small.



Training

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 - v. Side Shuffle: 25 meters. Stand with knees slightly bent and shuffle in one direction for 25 meters. Once finished, stop and return back to your starting point by shuffling in the other direction.
2. Training:
 - a. Distance Training –



- ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
- iii. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.
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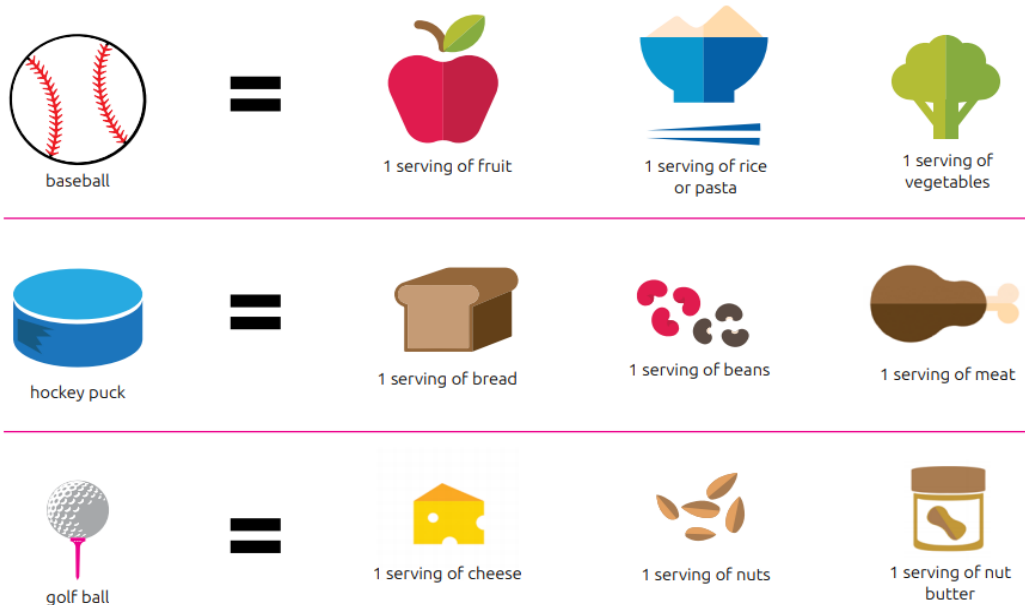


Week 4

Nutrition Focus

The amount of food you eat is one of the most important parts of building a healthy eating style. Choosing smaller portions can help you stay within your calories needs. Be aware of the amount of what you eat and drink during meals and snacks. Some commonly eaten foods can provide more calories than we realize. You can cut down on calories by choosing a smaller portion.

Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right:



Training

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 - b. Stretch:
 - i. Jumping Jacks: 20 regular jumping jacks
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- iv. Walking Lunges: 25 meters. Take one large step out with one leg and bend down as far as you can. Come back to a standing position and reach out with the other leg and repeat. Continue stretch for 25 meters.
- v. Side Shuffle: 25 meters. Stand with knees slightly bent and shuffle in one direction for 25 meters. Once finished, stop and return back to your starting point by shuffling in the other direction.

2. Training:

a. Hill workout day

- 1. Find a medium to large sized hill to bicycle on to build power and endurance.
- 2. Bicycle 10 sprints up the hill; after each sprint slowly walk your bicycle back down the hill as your rest.

b. Distance Training –

- i. After finishing the hill sprints bicycle for 15-20 minutes at a moderate pace to simulate a 5K course. This can be done either on a bicycle course or around a neighborhood.

c. Strength Training –

i. Squats

- 1. Do 10 squats consecutively; do this for 3 sets
 - a. Stand with legs slightly wider than shoulder width apart. Slowly bend at the knees, sinking your bottom down until your thighs are almost parallel to the ground. Once there, slowly stand back up until you are standing straight again. Repeat.

ii. Reverse Lunge

- 1. Do 10 reverse lunges with each leg; do this for 3 sets
 - a. Begin standing with your feet together. Take your right foot and step backwards about a yard, while slowly bending your right knee until it is almost touching the ground. Stand back up and bring your right leg back to a normal standing position.

iii. Calf Raises

- 1. Do 10 calf raises consecutively; do this for 3 sets
 - a. Stand on a stair in a normal standing position. Place just your toes, or front of your foot, on the stair so your heels hang off. Slowly raise your heels up so you are standing on



just your toes. Now lower your heels back down and sink your heels as low as they will go. Repeat.

- iv. To make these exercises harder start holding onto household items like cans of paint, or gallons of milk/water while performing them to add weight.

3. Cool down

- a. Walk one lap around the cycling track, if no cycling track is available walk for 5 minutes
- b. Stretch:
 - i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
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 - iv. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 5

Nutrition Focus

Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.

- Apple slices dipped in peanut butter
- Low-fat unsweetened yogurt with berries
- Low-fat cottage cheese with tomatoes or fruit
- Carrots or peppers dipped in hummus
- Celery topped with peanut butter and raisins

Training

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 - v. Side Shuffle: 25 meters. Stand with knees slightly bent and shuffle in one direction for 25 meters. Once finished, stop and return back to your starting point by shuffling in the other direction.
2. Training:
 - a. Long Distance Training –
 1. Intended for those normally in 3K, 5K or 10K races
 - a. If possible, map out a track for each of the three distances
 - b. Bicycle each of the distances you compete in along those courses at a competition pace.
 - c. If the distances are not able to be measured, ride for 10 minutes for the 3K, 15 minutes for the 5K and 22 minutes for the 10K



- d. Repeat twice for each distance you compete in.
- b. Short Distance Training –
 1. Intended for those normally in 250M, 500M, or 1K races
 - a. If possible, map out a track for each of the three distances
 - b. Bicycle each of the distances you compete in along those courses at a competition pace.
 - c. If the distances are not able to be measured, ride for 3 minutes for the 250M, 6 minutes for the 500M and 9 minutes for the 1K
 - d. Repeat twice for each distance you compete in
- c. Strength Training –
 - i. Squats
 1. Do 10 squats consecutively; do this for 3 sets
 - a. Stand with legs slightly wider than shoulder width apart. Slowly bend at the knees, sinking your bottom down until your thighs are almost parallel to the ground. Once there, slowly stand back up until you are standing straight again. Repeat.
 - ii. Reverse Lunge
 1. Do 10 reverse lunges with each leg; do this for 3 sets
 - a. Begin standing with your feet together. Take your right foot and step backwards about a yard, while slowly bending your right knee until it is almost touching the ground. Stand back up and bring your right leg back to a normal standing position.
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 - iv. To make these exercises harder start holding onto household items like cans of paint, or gallons of milk/water while performing them to add weight.
3. Cool down
 - a. Walk one lap around the cycling track, if no cycling track is available walk for 5 minutes
 - b. Stretch:



- i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
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- iv. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 6

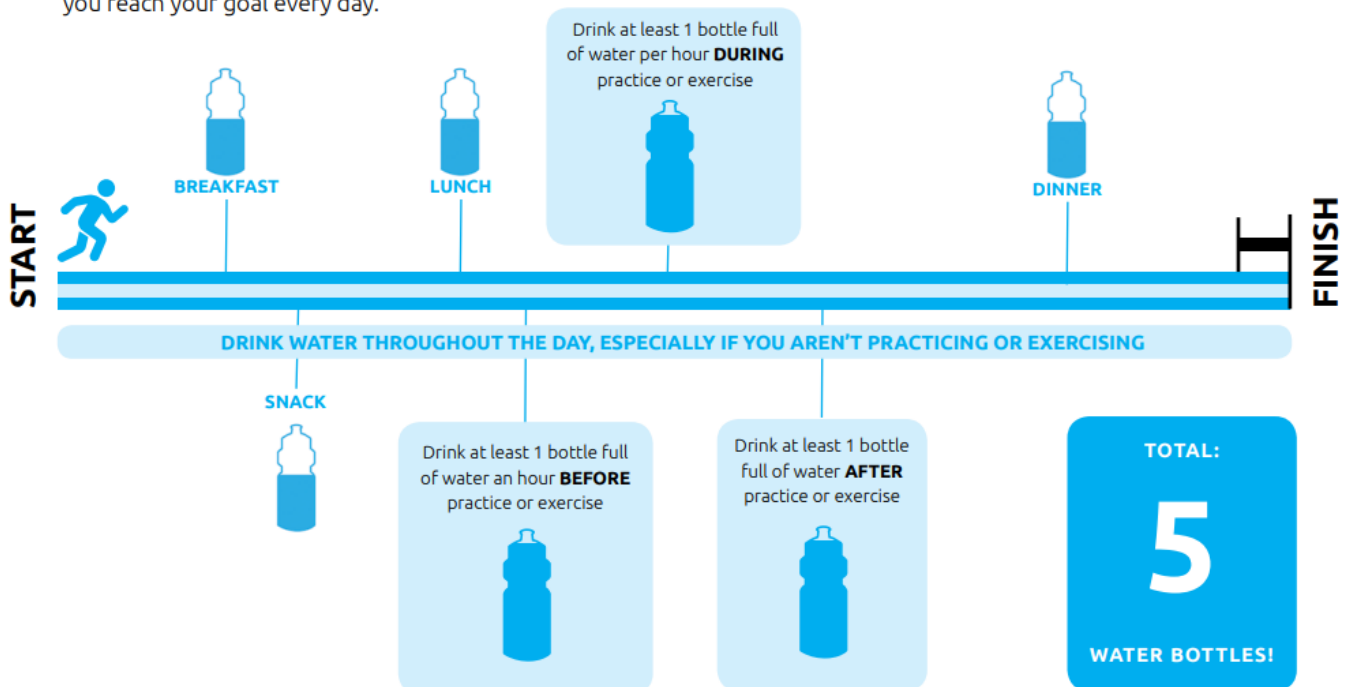
Nutrition Focus

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance. Your goal is to drink 5 bottles of water every day! Your water bottle should be 16-20oz.

Water helps to keep your body working properly. You lose water when you go to the bathroom, sweat, exercise or even breathe. If you lose too much water without drinking more, your body won't work as well. This is called dehydration. Signs of Dehydration include: •

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

Staying hydrated is easy when you know the best times to drink water! Use the guide below to help you reach your goal every day.





Training

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 - a. Jog 1 lap around the cycling track. If no cycling track is available, jog for 5 minutes.
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 - ii. Leg Swings: Stand with your arms against a wall for balance; starting with your right leg, move the leg forward in front of your body. Begin by swinging your leg as far left as possible, then back as far right as possible. Perform 20 swings in each direction. Switch legs and repeat.
 - iii. Butt kicks: 25 meters. Kick your heels back as far as you can! Try and touch your heels to your bottom.
 - iv. Walking Lunges: 25 meters. Take one large step out with one leg and bend down as far as you can. Come back to a standing position and reach out with the other leg and repeat. Continue stretch for 25 meters.
 - v. Side Shuffle: 25 meters. Stand with knees slightly bent and shuffle in one direction for 25 meters. Once finished, stop and return back to your starting point by shuffling in the other direction.
2. Training:
 - a. Long Distance Training –
 1. Intended for those normally in 3K, 5K or 10K races
 - a. If possible, map out a track for each of the three distances
 - b. Bicycle each of the distances you compete in along those courses at a competition pace.
 - c. If the distances are not able to be measured, ride for 10 minutes for the 3K, 15 minutes for the 5K and 22 minutes for the 10K
 - d. Repeat twice for each distance you compete in.
 - b. Short Distance Training –
 1. Intended for those normally in 250M, 500M, or 1K races
 - a. If possible, map out a track for each of the three distances
 - b. Bicycle each of the distances you compete in along those courses at a competition pace.
 - c. If the distances are not able to be measured, ride for 3 minutes for the 250M, 6 minutes for the 500M and 9 minutes for the 1K
 - d. Repeat twice for each distance you compete in
 - c. Strength Training –
 - i. Squats



1. Do 10 squats consecutively; do this for 3 sets
 - a. Stand with legs slightly wider than shoulder width apart. Slowly bend at the knees, sinking your bottom down until your thighs are almost parallel to the ground. Once there, slowly stand back up until you are standing straight again. Repeat.
 - ii. Reverse Lunge
 1. Do 10 reverse lunges with each leg; do this for 3 sets
 - a. Begin standing with your feet together. Take your right foot and step backwards about a yard, while slowly bending your right knee until it is almost touching the ground. Stand back up and bring your right leg back to a normal standing position.
 - iii. Calf Raises
 1. Do 10 calf raises consecutively; do this for 3 sets
 - a. Stand on a stair in a normal standing position. Place just your toes, or front of your foot, on the stair so your heels hang off. Slowly raise your heels up so you are standing on just your toes. Now lower your heels back down and sink your heels as low as they will go. Repeat.
 - iv. To make these exercises harder start holding onto household items like cans of paint, or gallons of milk/water while performing them to add weight.
3. Cool down
 - a. Walk one lap around the cycling track, if no cycling track is available walk for 5 minutes
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muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.

- iv. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 7

Nutrition Focus

There are many beverage options available, but some of them are healthier choices than others.

- Sodas, energy drinks, and sports drinks are NOT good beverage choices because they have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.
- Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts. Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.
- Water is the best choice for a beverage! Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

Training

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 - ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
 - iii. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.
 - iv. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.



Week 8

Nutrition Focus

Now that you have learned what food and drinks you should be consuming, let's take a look at how you can tell what's in the products you are buying. All packaged food and drinks come with a nutrition label meant to tell you exactly what you're consuming. Understanding what's in the foods you eat helps you make healthier choices.

Important parts of a food label:

- **Serving size:** Always start with the serving size amount, the rest of the information on the label is based on that. Pay attention to the serving size when you are preparing your meal. For example, if you buy a bag of pretzels and the label says that 1 serving is 15 pretzels, be sure to limit yourself to that amount.
- **Calories:** A calorie is a way to measure how much energy a food provides to your body. The number on the food label shows how many calories are in one serving of that food. The amount of calories a person needs depends on their age, weight, gender, and activity level. Visit <https://www.lifespanfitness.com/fitness/resources/calories-calculator> to see how many calories you should consume each day.
- **Fat:** Our bodies need a little fat every day because it is an important source of energy. Unsaturated fats, which are found in vegetable oils, nuts and fish, are often called “good fats” because they don’t raise cholesterol levels. Saturated fats and trans fats are considered “bad” so you want to try and avoid products high in trans fats.
- **Fiber:** Fiber is important for your digestion. Fiber has no calories and can help you feel full. Ideally you should select foods that have at least 3 grams of fiber per serving.
- **Added Sugars:** An added sugar is a sugar type that doesn’t occur naturally within the product and has been added to sweeten the packaged food item. Try to avoid products with added sugars or look for smaller numbers.

Nutrition Facts:	
Serving size: 1oz (28g)	
Servings per container: about 14	
Amount/Serving	% DV*
Calories 150	Fat Cal. 80
Total Fat 8g	12%
Sat. Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carb. 12g	3%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 6g	
Vitamin A 2%	Vitamin C 5%
Calcium 3%	Iron 6%
<i>*Percent Daily Values (DV) are based on a 2,000 Calorie diet.</i>	

INGREDIENTS: Cranberries (Sugar, Sunflower Oil), Dried Mango (Sugar, Citric Acid) [product of Thailand], Roasted Almonds (Sunflower Oil), Walnuts, Pumpkin Seeds [product of China].

ALLERGY INFORMATION: Contains Tree Nuts (Almonds, Walnuts). Manufactured in a facility that processes peanuts/tree nuts. Our products may contain occasional pit, shell pieces, and other naturally occurring objects.



Training

1. Warm-up

- a. Jog 1 lap around the cycling track. If no cycling track is available, jog for 5 minutes.
- b. Stretch:
 - i. Jumping Jacks: 20 regular jumping jacks
 - ii. Leg Swings: Stand with your arms against a wall for balance; starting with your right leg, move the leg forward in front of your body. Begin by swinging your leg as far left as possible, then back as far right as possible. Perform 20 swings in each direction. Switch legs and repeat.
 - iii. Butt kicks: 25 meters. Kick your heels back as far as you can! Try and touch your heels to your bottom.
 - iv. Walking Lunges: 25 meters. Take one large step out with one leg and bend down as far as you can. Come back to a standing position and reach out with the other leg and repeat. Continue stretch for 25 meters.
 - v. Side Shuffle: 25 meters. Stand with knees slightly bent and shuffle in one direction for 25 meters. Once finished, stop and return back to your starting point by shuffling in the other direction.

2. Training:

- a. Distance Training –
 - i. Ride your bike around your bicycle track for 10 minutes at a moderate pace. If you do not have a bicycle track, take a ride around your neighborhood or block.
 - ii. Take a 5 minute break for water.
 - iii. Repeat your step one with a 10 minute bike ride. This time up to a competition pace if possible, otherwise continue with the slow pace.
- b. Sprint Training –
 - i. Do short, hard bursts of cycling to increase your power.
 - ii. Do short stretches of 200 or 100 meters to simulate either a shorter race or a dash to the finish line. Repeat this 5 times. If you cannot measure the distance use the distance of the street you live on, or one city block.
- c. Strength Training –
 - i. Squats
 1. Do 10 squats consecutively; do this for 3 sets
 - a. Stand with legs slightly wider than shoulder width apart. Slowly bend at the knees, sinking your bottom down until your thighs are almost parallel to the ground. Once there, slowly stand back up until you are standing straight again. Repeat.



- ii. Reverse Lunge
 - 1. Do 10 reverse lunges with each leg; do this for 3 sets
 - a. Begin standing with your feet together. Take your right foot and step backwards about a yard, while slowly bending your right knee until it is almost touching the ground. Stand back up and bring your right leg back to a normal standing position.
- iii. Calf Raises
 - 1. Do 10 calf raises consecutively; do this for 3 sets
 - a. Stand on a stair in a normal standing position. Place just your toes, or front of your foot, on the stair so your heels hang off. Slowly raise your heels up so you are standing on just your toes. Now lower your heels back down and sink your heels as low as they will go. Repeat.
 - iv. To make these exercises harder start holding onto household items like cans of paint, or gallons of milk/water while performing them to add weight.
- 3. Cool down
 - a. Walk one lap around the cycling track, if no cycling track is available walk for 5 minutes
 - b. Stretch:
 - i. Standing Hamstring Stretch: Stand with your feet hip-width apart, knees slightly bent, arms by your sides. Exhale as you bend forward at the hips, lowering your head toward floor. Hold for 30 - 45 seconds. Bend your knees and roll up when you're done. Repeat 2-3 times
 - ii. Standing Quad Stretch: Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together. If you need to, put one hand on a wall for balance. Hold for 30-45 seconds & repeat on the other leg.
 - iii. Calf Stretch: Stand facing a wall a bit more than arm's length away. Put one foot forward with a bent knee, and the other one back with a straight knee. Feet should point directly forward. Using your arms to brace yourself against the wall, keep your belly firm and lean until you feel the stretch in the calf muscle of your back leg. Try to keep both feet flat. Hold it for 20 to 30 seconds on each side.
 - iv. Lying Knee-to-Chest Stretch: Lie on your back and gently pull one knee toward your chest until you feel a stretch in your lower back. Leave the other leg bent if you have low back pain. Otherwise, choose what's more comfortable. Hold it for 30 seconds and then switch legs.