

CYCLING ANATOMY

Shannon Sovndal, MD



Human Kinetics

Library of Congress Cataloging-in-Publication Data

Sovndal, Shannon, 1970-

Cycling anatomy / Shannon Sovndal.

p. cm.

ISBN-13: 978-0-7360-7587-9 (soft cover)

ISBN-10: 0-7360-7587-9 (soft cover)

1. Cycling--Training. 2. Cycling--Training--Charts, diagrams, etc. 3. Cycling--Physiological aspects. I. Title.

GV1048.S68 2009

796.6--dc22

2008041616

ISBN-10: 0-7360-7587-9 (print)

ISBN-13: 978-0-7360-7587-9 (print)

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Human Kinetics books are available at special discounts for bulk purchase. Special editions or book excerpts can also be created to specification. For details, contact the Special Sales Manager at Human Kinetics.

Printed in the United States of America 10 9 8 7 6

The paper in this book is certified under a sustainable forestry program.

Human Kinetics

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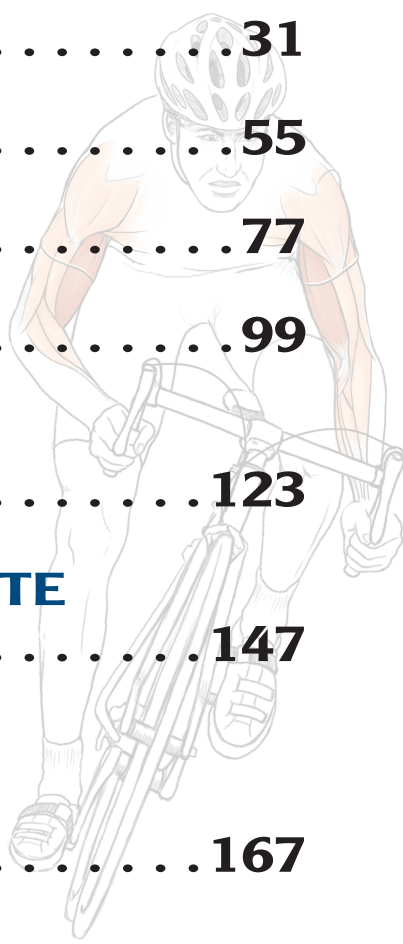
To my sister, Melissa



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FOREWORD

There's nothing better than feeling your fitness peak at just the right moment. Flying over a mountain pass in the Pyrenees or blasting through the finish line during a time trial makes all the work in the gym and on the road worthwhile. All cyclists know that they need to train on their bikes to go fast. But what many fail to realize is that the entire body—all the muscle groups, not just the legs—works to propel the bike.

I have been friends with Shannon Sovndal for quite a while. Throughout that time he has seen me go through the biggest injuries and setbacks of my career. I have depended on Shannon as a friend, a training partner, and, as of last year, my team doctor. Through our many discussions he has helped me realize that strength is the foundation of my cycling health and success. Many of my problems have come from rushing back into racing before I adequately rehabilitated from injury. My back, hips, and shoulders have given me problems because they weren't properly conditioned for my high training load.

I remember going to the gym with Shannon and being impressed by his knowledge of anatomy and physiology. I was humbled as he showed me the exercises that I should be doing. Now, after many years of dragging my feet to the weight room, I see the importance of this component of my training, and I embrace it.

I have significantly changed my body through physical therapy and strength training, and my race results have shown the benefits. I am now a firm believer in proper and consistent gym work. Not only do I strength train during the off-season, but I also regularly go to the gym throughout the entire year for maintenance. This is a bit different from the old-school approach, but it has clearly been beneficial for me.

My conditioning has also helped me feel more healthy and strong in everyday tasks. The days of avoiding picking up a suitcase or taking part in any other activity out of fear of getting hurt are gone. Strength conditioning is something that I will continue to pursue for the rest of my active life.

In *Cycling Anatomy*, Shannon Sovndal addresses the issue of conditioning each muscle group to give you the best performance on the road. This book will help you meet your true cycling potential. The exercises were chosen to match the needs of cyclists. Try these out in your workouts, and you'll see improvements in your performance on the bike.

Christian Vande Velde
Professional road cyclist

