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ONTARIO CYCLING ASSOCIATION – WEBINAR SERIES

# Priorities and Purpose

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Continuity of Services

Create a sense of community

Keep it Simple

Take advantage of some “down-time”

## Coordination & Scheduling

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Reach out to current practitioners

Determine the anticipated questions

Create live interactive events vs. videos

Make it part of a regular schedule

# Promotion – Make it Unique

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Using recognizable/credible hosts



## Promotion – Make it Unique

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Make it sport specific

*Yoga for Cyclist*

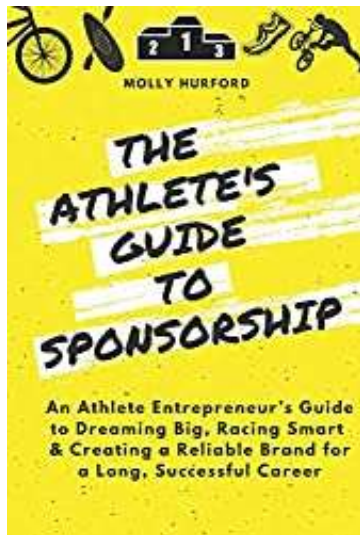
*Home Workouts for  
Cyclist*

*Nutrition for  
Supporting your  
Immune System*

# Taking Advantage of Found Time

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Ideas talked about but never found the optimal time to deliver



## 4 –Part Webinar Series for Athletes 14 -22

- Two webinars a week
- Reading materials
- Assignment submission

# Delivery

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Using Zoom as our delivery system

- Allows for transferring host control
- Chat boxes
- Recording of session and storing of videos



# Delivery

zoom

Home Workouts for Cyclists - Shared screen with speaker view

Download (3 files)

The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide titled "Strength Training for a Cyclist - Home Edition" by Greg Lewandowski, MSc, CSCS. The slide features the logo of the Canadian Sport Institute Ontario. The Zoom interface includes a toolbar with various editing tools, a video feed of the presenter (Greg Lewandowski), and a chat window on the right. The chat window shows several messages from participants, including questions about strength training frequency and timing.

### Chat Messages

Participant	Time	Message
F Duarte	20:10	
Adam	20:16	yes
Colin Inglis	20:19	yes
Ella	20:20	Yes
Isabella Katherine	49:35	How often would you say that strength training should be done per week??
Isabella Katherine	50:50	Great! Thank you so much for running this!!!
F Duarte	51:01	Considering the uncertainty of the cycling season and the availability of time, since we're all at home, what should be the schedule?
Lisa's iPhone	52:04	Do we strength train before a cardio workout or after?



# Delivery



## Minimal Equipment - Cyclist Home Workout Movement Library



<b>Disclaimer/Note:</b>	This library is to serve as a guideline for exercises that can be completed with little to no equipment. It is not meant to be an extensive list of ALL the exercises that can be completed at home, however, it is a good starting point. Use your best judgement with technique and selecting appropriate exercise variations.
<b>Adding Vaierly and/or Progressions</b>	<p><b>Tempo</b> - Slow down the movement (4 seconds down on a squat) of add pauses (4 second hold at the bottom of squat)</p> <p><b>Load</b> - Use DBs and/or Bands. Household items can also be added as load (loaded back backpack, water jug, laundry detergent)</p> <p><b>Limit Points of Contact</b> - lift a limb off the ground ( TALL FRONT PLANK with Alternating Leg Lifts or PUSH UP with leg lift)</p> <p><b>Elevation</b> - Make things EASIER (Hands on couch for PUSH UP) Make things Hardier (Feet on couch for PUSH UP)</p>
<p>Youtube Link to Exercise Playlist</p> <p><a href="https://www.youtube.com/playlist?list=PLhbeVzGR9I5RAHiG0tHlcX3jLuMpmIGB">https://www.youtube.com/playlist?list=PLhbeVzGR9I5RAHiG0tHlcX3jLuMpmIGB</a></p>	
Exercise Pattern	Primary Muscles

### Key Movements

Exercise Pattern	Primary Muscles	Start	Finish	Notes	Exercise (Progressions/Variations)
Squat	Quadriceps			Feet outside of shoulder. Knees in-line with hips and feet. Chest proud. Sink hips between knees.	<p>Level 0: Bodyweight Squat</p> <p>Level +1: Loaded Squat (DB/Band/Household Materials)</p>
Lunge	Quadriceps, Glutes			Keep toe knee and hip aligned. Push through whole front foot.	<p><b>Progression 1</b></p> <p>Split Squats, Step Ups, Reverse Lunge/ Sliding Reverse Lunge</p> <p><b>Progression 2</b></p> <p>Rear Foot Elevated Split Squat, Single Leg Squat to Bench (supported/unsupported)</p>
Hinge	Hamstring, Glutes, Erectors			Chest proud, shoulders back, drive hips back towards wall with slight bend in knees	Romanian Deadlift (Bodyweight/Banded/ Household Items)

# Delivery



# Outcome

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First Yoga for Cyclists had over 50 participants [3 sessions to date]

Home Workouts fro Cyclists Part 1 - 33 Participants

Athlete Sponsorship Webinar Series – Exceeded capacity