

BungyPump winter training for cyclists

BungyPump training can be an effective complement to cycling. This is due to the specific technique used with the poles, which have a resistance of either 4 or 6 kilos. Almost 90% of musculature is exercised since all the muscles in the upper part of the body have to work.

In contrast, running training can be harmful to our joints, lumbar region and knees. Moreover, running demands a higher pulse rate than is ideal during periods of rest while a lower pulse rate is required to reduce fat levels in the body. Swimming is also good but leads to considerable muscular development of the upper limbs.



BungyPump training is ideal because it has many positive effects as a result of the higher oxygen intake required. In addition, the activity can be extensively used for body-building. BungyPump training is an excellent physical activity for training specific muscles, such as the gluteal muscles and the quadriceps. Moreover, the poles help to take pressure off the knee joints and the muscles in the lumbar region, which otherwise suffer and therefore are also vitally important for cyclists to train.

Unlike running, BungyPump training can be compared with cycling. Running can only be compared with cycling as far as training the heart is concerned, but not the muscles.

When we put away our bikes for the winter, our oxygen absorption capacity is at a more than acceptable level. We end the season being able to cycle for three or four hours without any problems.

Problems arise when we choose to compare this with running. Our chest says yes but our legs say no and because we don't listen to them, we end up falling apart.

There are muscles which work when cycling but which are not exercised when running. A runner's bone density and joints are not the same as a cyclist's. Besides, a muscular imbalance arises, which does not occur with BungyPump training, making the latter an excellent way to prepare the body physically during the winter.

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BUNGYPUMPS CAN CONTRIBUTE TO A CYCLIST'S WINTER TRAINING PROGRAMME

BungyPumps can be a great ally of the cyclist when training during the winter, as a complement to working out in the gym and other outdoor activities.

Cycling enables the musculature of the lower limbs to develop markedly as a result of pedalling. The muscles of the spine and all the hip muscles are also strengthened even if, in many cases, cycling also contributes to decompensation of the quadriceps. This is the reason for pain developing at the front of the knees (condropatia rotuliana), which in turn is the primary cause of knee injuries for cyclists.

Other muscles, such as those in the back and shoulder areas, work much less during cycling and can lead to back pain if the sitting position, frame size or the position of the handlebars is not correct.

BungyPump training can help all these muscle groups and ensure that the physical input is the most appropriate and effective for strengthening muscles. By working with the poles, the back is held upright and this strengthens the back musculature while allowing the spine to recover from its cycling position. In this way a more all-round muscle training programme is achieved.

Moreover, since BungyPump walking, like cross-country skiing, is a form of training which increases oxygen uptake, it is also an ideal method for training threshold values. Our trainer and doctor point this out on the basis of a stress test, in which the pulse rate can be easily checked by using a pulse counter. Tests can also be carried out, independent of oxygen intake readings, on both the flat and on upward slopes with a view to ensuring all-round, appropriate training.

BungyPump walking is an ideal complementary training method for the cyclist because of the technical characteristics of the poles which mean you are able to work on strengthening your muscles, joints and heart. BungyPump training is also ideal because of the low risk of injury as a result of the suspension which effectively absorbs strain on the elbows and shoulders. This means that, to a large extent, we can train on the same basis as a cyclist at any time during the season. However, BungyPump training will be all important during the winter period, when preparing for the cycling season and at its very beginning before specific cycling training starts.



From a medical and physiotherapeutic angle, BungyPump training is recommended to improve cyclists' test results, stamina and balance in the muscles and joints.

Even if cycling is not a sport which adversely affects the spine, it is important not to forget to strengthen the back musculature which protects and stabilises the spine.

Cyclists who use a variety of bikes, roads, track bikes and mountain bikes etc. are those who can suffer most from spinal problems and who should protect their spine most, especially since cycling does not strengthen the musculature in the spine. Therefore, the cyclist should include spinal training in their winter programme.

It is hard to determine the percentage of back injuries among cyclists which are not caused by direct injury. However, one thing is sure; that if you ask any cyclist about their back, the answer will be that he or she has had problems all season. For these cyclists, swimming has traditionally been the preferred winter training method for exercising the muscles along the spine in an appropriate way.

Many cyclists lack technique or are low in body fat, which means that they cannot cope with the water temperature. Besides, there is often a shortage of suitable pools for training –especially in the winter when pools with good air-conditioning are needed – and this means that only a few can benefit from this sport.

Moreover, not everyone is a professional cyclist and many of those who love cycling have to work. Sometimes their work adversely affects their back because they use it in the wrong way or sit still too long. In addition, it is important to check if someone's weight is unevenly distributed, if the lower part of the body is asymmetrical, or if a person is sitting in the wrong position on the bike etc.

BungyPump training can be an alternative way to strengthen the muscles of the back and protect the cyclist's spine.

P.S. Approximately 20% of back troubles are caused by overstraining.

