Pelotonia 2012: Cross Training Benefits

Kathy Krummen, PT, DPT
OSU Sports Medicine
Why cross train for Pelotonia?

- **Walking/running**: You can increase your heart rate, breathing rate, and often burn more calories as compared to biking with the same perceived level of exertion.

- **Swimming**: Can allow for a greater cardiovascular challenge in a shorter workout time frame and also increases upper body muscle mass for better overall fitness. Feel free to substitute swimming for walking/running when the weather is nice.

- **Resistance training**: Builds muscle mass which will improve power output (for hill climbing) and muscle burns more calories at rest.
- **Stretching**: Cycling can decrease hip flexibility due to the prolonged sitting position required in training rides. Hip tightness especially of the hip flexor muscles can cause back pain. Stretches can help improve hip mobility and decrease risk of future injury.

- **Injury prevention**: Repetitive motions performed during an endurance sport (not just cycling) increase risk of injury due to overuse. Cross training helps with achievement of whole body fitness and decreases the risk of overuse injuries by giving “rest days” to different muscle groups.
References


