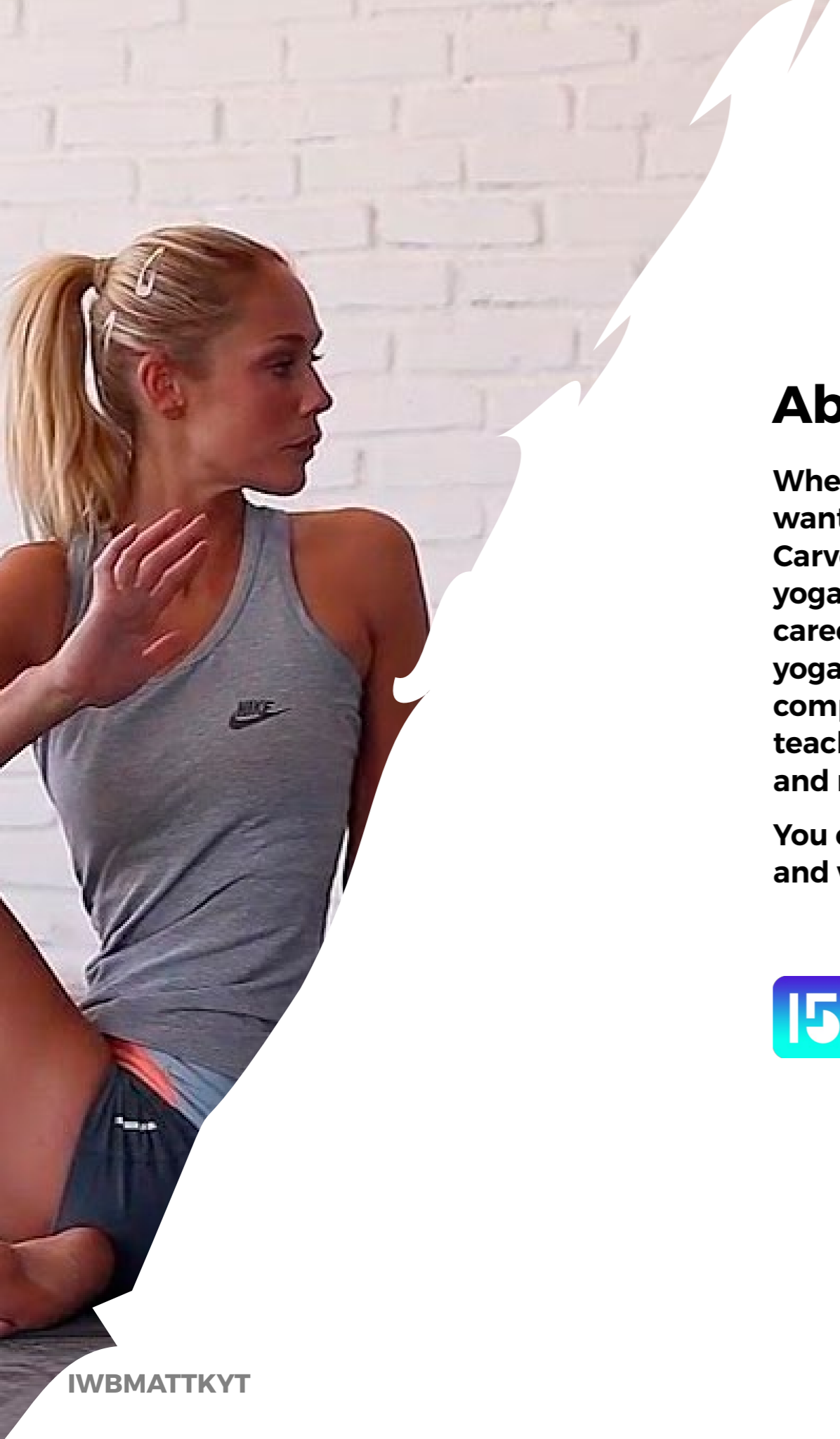


THE SUFFERFEST: YOGA FOR CYCLISTS PROGRAMME

WE PUT THE
YOGA IN **AGONY**

Exclusive to Sufferfest App Subscribers





About The Sufferfest's Yoga Videos

When looking for a yoga partner for The Sufferfest App, we knew we wanted someone that was performance-oriented and focused. Abi Carver, of Yoga 15, has built a reputation based on effective, no-nonsense yoga sessions that can be fit into anyone's busy schedule. Abi's fitness career started out in personal training, before later branching out into yoga. She has since grown a huge online following with Yoga 15, her comprehensive yoga system designed specifically for athletes. Abi now teaches in Europe, South America and Indonesia, tailoring her classes and routines specifically to the athletes she's teaching.

You can find more by Abi at www.yoga15.com
and www.instagram.com/yoga15abi



INTRODUCTION



When it comes to overall health no one can argue that cycling is bad for you. Well, Couchlandrians might, but they don't count. Cycling is fantastic for improving cardiovascular fitness and as a low impact sport it puts minimal strain on joints like your hips and knees. Regular aerobic exercise (like cycling) also increases levels of endorphins in your brain which can reduce anxiety and improve your mood.

However, as a proud citizen of Sufferlandria you do more than just ride a bike. You Suffer on a bike. You make bikes Suffer. You make other people riding on bikes Suffer. As joyous as that sounds, it can, believe it or not, lead to some problems. Not that any of us would ever think of doing something else, but being hunched over handlebars while your legs make 13 inch circles isn't exactly what humans were made to do.

The two biggest problems that come about from riding a bike are limited flexibility and poor core strength. This is where the

new Sufferfest Yoga program comes in. Yoga has been around for thousands of years, but only recently has it gained widespread acceptance within all forms of elite sport.

Adding just a few yoga sessions a week can begin the process of loosening the tight hamstrings and hip flexors you have likely developed through all your glorious suffering. The dynamic nature of many yoga moves have the added benefit of constantly requiring your core to be engaged. That means throughout a session you will not only improve your flexibility, but also your core strength.

Just like all aspects of physical fitness there are no quick fixes. Improving your flexibility and increasing your core strength will take time, but with a little time on a regular basis these exercises can make you faster on the bike. Getting more flexible will allow you to get a little bit more aero, and better core strength will help you put even more power into your pedals.

With that in mind, it's not a question of whether you should be doing Yoga. Rather, the only question you should be asking is "When can I start?" And that's why The Sufferfest has partnered with Abi Carver of Yoga15 to bring you the Sufferfest Yoga Series as part of your Sufferfest Training Centre App subscription.

Now, the best way to combine these yoga sessions with your cycling is to follow one of the free training plans we've created and which are available free with your Sufferfest App subscription. Working together with Abi, we've selected individual yoga sessions to complement the work you're doing each week in the plan.

If you're not doing one of the plans, then the information on the following pages should help you get started. In general, you should pick an area you'd like to focus on, whether it's Recovery, Flexibility or one of the other categories. Then, if you're new to yoga, start with a beginner module (if there is no beginner module,

then move to another category you're interested in and choose the beginner module there). Once you're comfortable at the beginner level, you can move up to the intermediate and then the advanced sessions.

We'd suggest doing two to three sessions a week and committing to at least 10 weeks. When you do that, you'll be able to see the inevitable gains that these sessions will bring to your cycling.



Mac Cassin
Sufferlandrian
Coaching Team
APEX Coaching

RECOVERY



Recovery is when you make the gains from all that Suffering. The more effectively you recover, the better you'll become. Yoga can help substantially in this area and the sessions in this series will work on relaxation, stretching and increasing range of motion.

Recovery Booster	Beginner	Sufferfest sessions tear your body down. It's in the periods between Sufferfest sessions, when you're recovering, that you become more powerful. This session helps boost your recovery time, relaxing you and ensuring you give your body the chance to grow stronger.
Stretching After Suffering	Intermediate	You've just finished a brutal Sufferfest session. You probably just want to curl up in a ball, but to speed your recovery this sequence will stretch you out and open you up. You'll be ready to Suffer again in no time.
Back Pain Relief	Intermediate	Visits to Sufferlandria put the body under severe pressure. After your legs, of course, one of the first areas to Suffer is your back. And back pain can severely affect your performance. This sequence will not only help alleviate any existing back pain, but also strengthen your back for improved performance in the future.
Taking the Soreness out of Suffering	Intermediate	If you're pushing yourself like a true Sufferlandrian, it's likely you're getting stiff and sore all over. Sidebends are a great way to deal with general soreness. They're also perfect for cyclists who typically suffer from poor lateral flexibility.

Dedicated core training is essential in any sport, and cycling is no exception. You need to be strong, balanced and flexible at your core to get the maximum power and speed on the bike. Core training will, amongst other things, stabilise the pelvis and hips, improve balance, body control, coordination and agility as well as alleviate lower back pain.

Core Strengtheners	Intermediate	The power to crush non-Sufferlandrians comes not just from your legs, but from your core. When your core is strong and stable, you can generate more power, more efficiently. You'll also suffer less back pain. With those goals in mind, this sequence strengthens the abs, obliques and lower back.
Advanced Core Strengtheners	Advanced	Building on the gains you've achieved after doing the Core Strengtheners exercises several times, this session further strengthens the core.

FLEXIBILITY



Cycling is an incredibly demanding sport that involves spending long periods of time in a relatively static position, repeating a narrow set of movement patterns. As a result, you end up with a few common issues like tight hip flexors, stiff hips and a pretty inflexible spine. These sessions are designed specifically for these issues, stretching tight muscles and restoring joint mobility in key areas with a combination of gentle movement sequences and static holds.

Loosen Neck and Shoulders	Beginner	Cycling can put a lot of strain on your neck and shoulders, especially if you spend a lot of time down in the drops or in an aero position. We'll sort that out with a series of exercises that will release tension in this area and have you feeling relaxed and ready to Suffer again.
Hamstring and Calf Flexibility	Intermediate	Cyclists are notorious for poor hamstring and calf flexibility. But these muscles can only be properly engaged when they're flexible. This series will increase your range of motion, boosting performance and helping avoid injury when you're really dishing out the Suffering.
Hip Openers	Intermediate	Spending long hours grinding out power on the bike can be tough on the hips. They have to work hard in a limited range of motion, meaning they tighten up significantly. When that happens, your performance can suffer as muscular engagement drops off. This series will loosen your hips, correct imbalances and bring your hips back into the game when you're on the bike.
Advanced Hip Openers	Advanced	Seeing gains from using the Hip Openers? This series will build on that, further working on overworked and inflexible muscles in and around the hip joints.

POSTURE, BALANCE AND AGILITY



Barefoot balance training is one of the best ways to improve your stability and kinaesthetic awareness. This series will help build strength in the feet, ankles, legs and hips, improve posture and alignment as well as increase movement efficiency and coordination.

Improving Posture	Intermediate	A Sufferlandrian always looks good on the bike. But off it, like most cyclists, Sufferlandrians can suffer from the rounded shoulders that come with spending so much time on the bike. This series will release tension in your upper back and get you standing up straight and powerful once again.
Advanced Posture Improvements	Intermediate	When cycling, the spine - and thus your posture - can suffer by spending so much time in a hunched over position. This twisting routine will straighten you out by increasing flexibility and stretching out muscles. You'll notice the results in your posture and your comfort on the bike.
Balance & Agility	Advanced	Maintaining effective cycling form when you're under pressure requires substantial balance, coordination, agility and core strength. This series will develop those capabilities so you can better Suffer in style.

BREATHING



We've included a series of relaxing breathing techniques and meditations for you to practice. I recommend you practice them several times a week so that they are accessible to you when you need them most - whether that is at the start of training to set your mind or before a race to calm your nerves. Conscious breathing slows down your central nervous system so that you are able to operate from a calmer and more effective state of mind.

Breathing to CRUSH THEM	Beginner	Perhaps the only people more badass than Sufferlandrians are Navy Seals. And this is the breathing exercise that Navy Seals do to calm down and focus themselves before major operations. Learn and use this technique before heading into your own major events and races.
Breathing to CALM DOWN	Beginner	In 4-7-8 Breath your exhalations are twice as long as your inhalations. It is a therapeutic breathing technique that can help to reduce pain and calm your nervous system.
More Breathing to CALM DOWN	Beginner	3-Part Breath is a therapeutic breathing technique that encourages you to use your full lung capacity.
Breathing more DEEPLY	Beginner	Diaphragmatic Breathing is a calming exercise that encourages you to breathe deeply into your abdomen.
Guided Meditation	Beginner	This is a short guided meditation that focuses on your breath and the sensations in your body. Fantastic for clearing the mind and regaining focus.



The travel sequence can be done anywhere, so you don't have to take a break in your yoga training when you're on the road. And if you find you get tired or achey in the office, there is a routine of stretches and mobility exercises that you can practice at your desk.

Yoga in Couchlandria: In the Office	Beginner	If you're spending a lot of time sitting down in an office, stiffness, tension and soreness can creep into your body. That can affect your performance on the bike. This routine will counteract the damage done at the desk and ensure your body is ready to Suffer properly once you get on the bike.
Yoga in Couchlandria: On the Road	Intermediate	If you're travelling, and will be off your bike for some time, you might feel that all is lost. But we've created a routine for travelling Sufferlandrians to keep you balanced, loose and strong. Do this daily so you'll be in top condition when you can get back to Sufferlandria.

I WILL BEAT MY
ASS TODAY
TO **KICK**
YOURS TOMORROW

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