

Cross-training on a bike



[Samuidesune](#) 2 posts since

Nov 21, 2006

Hey all,

My legs have been acting up with what seems to be shin splints so I'm looking at at least a couple of weeks of rest. I already bike a fair bit (a 14 mile commute each day), but would like to maintain what I've gotten through running. What training could I do on my bike that would be about the equivalent of 30 miles a week running? Would you do that with shin splints or just back off and rest for the two weeks?

Thanks.



[jroden](#) 1,350 posts since

Dec 11, 2007 **1. Re: Cross-training on a bike** Apr 25, 2007 9:30 AM

Biking might help your shins, to maintain your general cardiac fitness, you can do bike rides where you maintain 90 rpm's or more and maybe roughly double the duration you would be out for a run. You need to feel like you are pushing yourself a bit on the bike, a heart monitor can help.

For strength, doing repeats up longer hills while seated is excellent

You can do intervals just like on the track, just use the road and do them by time, same for tempo



[mbannon](#) 1,543 posts since

Dec 14, 2007 **2. Re: Cross-training on a bike** Apr 25, 2007 9:52 AM

Get in the pool and start swimming.

Running To My Future

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Cross-training on a bike



[ToddDubya](#) 206 posts since

Jan 26, 2006 3. **Re: Cross-training on a bike** Apr 25, 2007 10:16 AM

Shin splints are partially caused by your calf muscles being disproportionately stronger than the muscles on your shins. Cycling might push it further out of wack, since that can involve a lot of calf usage. You might want to add in some shin exercises.

The best one I've come across for alleviating shin splints is to sit in a chair with one foot off the ground and write the alphabet with your foot. Then do the same with the other foot. I might do that a few times a night and the splits are gone in short order.

Cycling is my favorite cross-training activity to help with recovery from running injury while maintaining fitness. Like jroden said, you probably have to double the duration to get the same benefit as running. I don't have access to a pool, but if I did I would certainly substitute that in too.

Hope this helps, and good luck with the recovery.

-Todd

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There's plenty of time for rest when you're dead.