CYCLING × GYMNASTICS · A DOCUMENTED JOURNEY

Easy most days. Hard some days.

How I train one body for the rings and the bike.

Eight lessons from my own training data, and what my gymnastics strength did and didn't bring to the bike.

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BEFORE YOU START

Two sports, one body

I train gymnastics and I race bikes. This guide covers the place where the two meet, using the numbers I actually logged.

On the rings and the floor

My current holds, as I log them: advanced tuck planche 10 s, full back lever 20 s, full front lever 5 s, freestanding handstand 1:08 (on video), ring support 25 s, L-sit 25 s. On 20 September 2026 I did 20 bar pull-ups in one set. I'm working on a one-arm handstand, front over-splits and a Mexican handstand.

On the bike

What got me on the bike was racing. On Zwift I could race other people and find out where my absolute limits were, and that excitement hooked me. My earliest race file on disk is from November 2025, and I took road cycling seriously from 2026.

Later I started racing the MyWhoosh Sunday Race Club as well, because I wanted to race for prize money there. Those races are far harder, and they kept pushing me because they're competitive and gamified. I race there most Sundays, men's category 6, on a Canyon Aeroad on a Wahoo KICKR with Favero Assioma power pedals, and I built my own tools to analyse my rides.

What this guide is, and what it isn't

I usually finish in the lower part of category 6, so this is not a racing manual. It's what my own data showed me: the mistakes, the fixes and the rules I ride by now. It's how I do it, not a guide for how you should. On each page I'm also honest about what gymnastics strength did or didn't do for me on the bike.

> THE LINE BEHIND THIS GUIDE
>
> "Easy most days. Hard some days." Easy is my default and hard is the exception, even if I don't always manage it. The sweaty clips you see from me are the hard days. The pages below are about what the numbers taught me on both.

LESSON 01

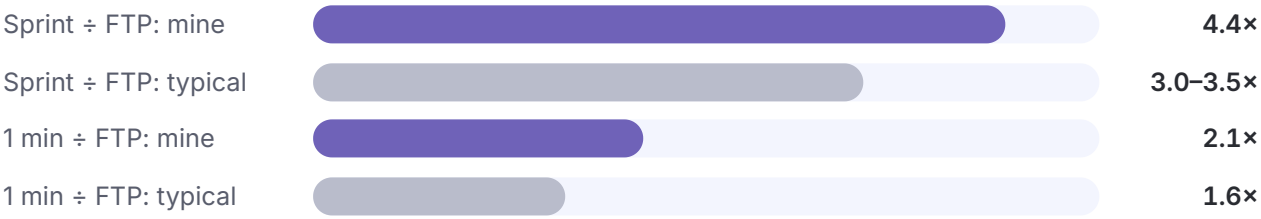
What gymnastics gave me: a sprint

My power profile is a sprinter's. The short, explosive end is far ahead of the rest.

871 W
sprint in a Zwift race, 17 Feb 2026

4.4×
sprint power relative to my FTP

1,128 W
5-second finish sprint after 112 minutes of racing, 23 Aug 2026



The 1,128 W number says the most about me. It came at the end of a race I had already lost: I lost my group within the first five kilometres and still had that sprint at the line. By then my place had been decided long before.

WHAT GYMNASTICS BRINGS HERE

This is the part of my riding that strength feeds. Pulling, pushing and holding show up as top-end power. It's real, and on its own it doesn't win much.

HOW I USE IT

I keep the strength work, because it's my sprint. I stopped mistaking a big sprint number for fitness on the bike. The next page shows why.

LESSON 02

What it didn't give me: an engine

Strength got me a sprint. It didn't raise the ceiling I hit in every race after the first few minutes.

~285 W
my aerobic ceiling: repeated 5-minute race values sit right here

~9 %
headroom above my threshold; 12–15 % is normal

259 W
working FTP, 6 Sep 2026 (95 % of a 273 W in-race 20-minute best)

In a ramp test on 15 July 2026 I measured 272 W and set 262 W as my working FTP. Two months later the working number was 259 W. My 5-, 8- and 10-minute race powers sit within 5 % of each other. Once the anaerobic part is spent, after two or three minutes, I'm stuck at around 285 W.

That narrow band between threshold and ceiling is the main limiter in my profile. My sprint isn't the limiter.

WHAT GYMNASTICS DOESN'T BRING HERE

Being able to hold a lever or do 20 pull-ups didn't give me that ceiling. The ceiling is aerobic, and it gets built on the bike.

HOW I TRAIN IT

That's why most of my rides are meant to be easy and steady: easy is the default, hard is the exception. The hard days get the sweat and the videos, but the easy days are the ones that build the engine.

LESSON 03

Strong in watts, heavy per kilo

My races are decided on the first climb, and a climb measures watts per kilogram.

In the Sunday Race Club finals on 27 September 2026, the first climb was effectively a five-minute test. Measured in watts, my five minutes sat near the middle of my category. Measured per kilogram, they sat in the bottom quarter. At the Wollongong qualifier on 9 August I was dropped at the first climb, with 278 W for my best five minutes.

83.9 kg
down from 86 kg in July 2026. It's my game profile weight, not a weigh-in

78 kg
my target weight

+0.24
W/kg at 78 kg with no change in power (3.12 to 3.36)

Seen this way, the first climb doesn't ask how strong I am. It asks how much power I have for every kilo I carry up it.

WHAT GYMNASTICS BRINGS HERE, BOTH WAYS

The upper body that holds a back lever also goes up every climb with me. On a gradient, every kilo shows up directly in my W/kg.

HOW I DEAL WITH IT

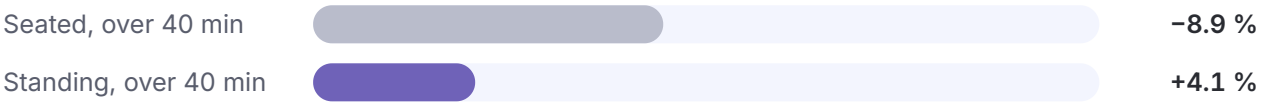
I work on both halves of the ratio: the 5- to 20-minute power, and the weight. I measure both properly. A W/kg figure is only as honest as the body mass behind it, and right now mine comes from a profile setting rather than a scale.

LESSON 04

Standing up kept the power

In one race I switched between seated and standing blocks. Seated power faded and standing power didn't.

In the 2 August 2026 qualifier I rode seven alternating three-minute blocks, seated and standing, between minutes 50 and 104 of the race. Over 40 minutes my seated power dropped by 8.9 %, and my standing power rose by 4.1 %.



A second pattern turned up on long rides: my seated cadence drifts down by 15 to 20 rpm per hour. It happens on the long sessions and not on the short ones.

Why I don't overclaim this

It's one dataset from one race. The blocks weren't matched for power, cadence wasn't controlled, and I was already fatigued that day. The durability finding is the strongest part. Everything else in it is a lead, not a result.

WHAT GYMNASTICS MIGHT BRING HERE

My hypothesis, not a finding: when I stand, my trunk and arms join the effort, and those are what my strength work trains. Seated, the legs and the aerobic system carry it alone, and that's where I fade.

HOW I USE IT

I treat durability over long efforts as something to train and retest under controlled conditions, rather than assume from one race.

LESSON 05

The number that was 30 W wrong

One untested value sent my training in the wrong direction for weeks.

30 W
how far too low my aerobic-threshold value was

Weeks
of easy rides done too easy because of it

My aerobic threshold was set at 155 W, a number nobody had actually tested. It was 30 W too low. Built on that number, my data seemed to show a textbook "aerobic deficiency": a base that looked weak compared with my threshold. So the plan treated that base as the main problem, and my easy rides were dosed too easy for weeks.

Once the number was corrected, the gap came out close to normal. The "deficiency" had never existed.

The rule I made from it

Physiology arithmetic is code. Every training number I use, from zones and TSS to W/kg, now comes from a tested calculation that starts from a measured value, not a guess.

WHAT GYMNASTICS TAUGHT ME HERE, AND WHERE I FALL SHORT

On the rings, a hold either happens or it doesn't. On the bike, a wrong number looks exactly like a right one. My own holds are self-logged and untested too, so the same rule applies to them.

HOW I DO IT NOW

I test before I assume. If a number would change my training, it has to be measured first.

LESSON 06

The 205 bpm that never happened

My "new max heart rate" turned out to be a glitch in the chest strap.

205
bpm: what the file said, for 2 seconds

−138 W
what my power did during the spike (311 to 173 W), with no sprint anywhere near

199
bpm: my real max, from the 17 Feb 2026 race

In July a race file showed a heart rate of 205 bpm, above the 199 I had hit in February. It went in as my new maximum. Every zone and every "how hard was that" figure that depends on max heart rate moved with it, and the analysis started reporting a fatigue problem that wasn't there.

Looking more closely showed the spike for what it was. It lasted two seconds while my power was falling, the same file had seven sudden one-second jumps of 8 bpm or more, and my best 60-second heart rate was the same as in February. The strap had dropped contact and then spiked. The max went back to 199.

WHAT GYMNASTICS BRINGS HERE

Nothing, and that's the point. No amount of strength protects you from bad data. This one is pure data hygiene.

HOW I DO IT NOW

I clean the data before I draw conclusions. A single record-breaking value that doesn't match what my power was doing gets questioned first and believed second.

LESSON 07

Two failures that had nothing to do with fitness

One race and one test, both lost before I'd even started riding hard.

The race I lost the night before

On the evening of 1 August 2026, at 21:45, I rode an aerobic-threshold step test. It was my second session that day, and the race was the next day. In the race my short efforts came out at 55 % of my best while my long ones were at 84 %, which is the signature of acute fatigue. I failed an interval and simply finished.

21:45
start of the test session the evening before the race

55 %
of my best for the short efforts in the race, against 84 % for the long ones

The test that failed on the wrong route

On 11 August I did a three-effort critical-power test of 12, 7 and 3 minutes on the Col du Galibier in MyWhoosh. The gradient changed under each effort, so my 7-minute effort came out lower than the 12-minute one, which isn't physically plausible. The test was invalid. That wasn't my legs or the file. It was the route.

WHAT GYMNASTICS BRINGS HERE

Nothing. Strength doesn't cover for fatigue you planned in, or for a test on a route that can't measure what you're testing.

HOW I DO IT NOW

No session the evening before a race. Tests go on a flat route with the same gradient for every effort, under the same conditions each time.

LESSON 08 · AND THE RULES I RIDE BY

A simple drink, and seven rules

On the bike I drink something I mix myself: beet sugar plus sodium. Like most things that work for me, it's simple.

01 **Easy is the default, hard is the exception.**
Easy hours build the engine that strength can't. The hard days are the ones you see on camera.

02 **Keep the strength, and know what it's for.**
It's my sprint and my standing power. It isn't my aerobic ceiling.

03 **Climbs measure watts per kilo.**
I work on both halves and measure both properly.

04 **Test, don't assume.**
One untested value cost me weeks of under-dosed training.

05 **Clean the data before drawing conclusions.**
A 2-second spike isn't a new max heart rate.

06 **Nothing the evening before a race.**
Not even a "quick test".

07 **Tests on a route that can measure them.**
Flat, constant gradient, same conditions every time.

1:1 COACHING · FOUNDING SPOTS

Want the strength side of this?

I coach the part gymnastics gave me, one to one: strength, mobility and the handstand. Online, hybrid or in person in Berlin, in English or German.

What's included

- A plan built for you: muscle building plus a mobility or handstand block, depending on your goal
- A weekly check-in, and feedback on your technique videos
- A nutrition frame of calories and protein, not a diet
- A plan update every four weeks
- Hybrid: two 60-minute sessions in person in Berlin each month as well

5 founding spots · apply by 30.11.2026

The application takes about five minutes: your goals, your experience and your training days, plus what you'd like to invest each month. I read every application myself and reply by email.

artinlenz.de/coaching

https://artinlenz.de/coaching/?ref=pdf_cycling

Follow the rest of the journey: the easy days, the hard days and the data

Instagram @artininberlin