



The Midlife Cycling Program

INTRODUCTION

Midlife Cycling is a company that provides training products and services to people between the ages of 25 and 65 who have a limited amount of time for recreation. We help people create a sustainable healthy lifestyle through 2-3 days of cycling and a variety of core fitness exercises each week. This is training for the physical demands of real life rather than cycling competition.

The Midlife Cycling training program is designed for novice to advanced cyclists, people with weight issues, people with type II diabetes, people recovering from knee or hip injuries, people transitioning from other sports like running, and anyone else between the ages of 25 to 65 who have limited time for working on their physical fitness. It is not uncommon for a new cyclist to do a 60-80 mile ride after only 4-6 weeks of training 2-3 days per week.

HOW WE WORK

The program is self-directed within a training framework specified by Midlife Cycling. While we can provide you with training goals, techniques, and reasonable rates of improvement only you can determine how to integrate these tools around your other family, career, and community obligations to create a more active lifestyle. We believe that other exercise programs fail because they try to dictate a methodology that you are expected to accommodate.

Midlife Cycling members come from all walks of life and live in all areas of the country. We are tied together by a common interest in Fitness, Food, and Travel through a weekly newsletter that provides general lifestyle guidance. The website (www.midlifecycling.com) is our virtual "clubhouse." Detailed training information is delivered through a series of Road Bike Training, Off-Bike Training, and Cycling-In-Depth CD and DVD products that are under constant development.

Members living along the Denver Front Range area have the added advantage of personal assessments, personal training, clinics, seminars, and group rides with the Rocky Mountain Cycling Club.

GROUP RIDES

There is no on-road group instruction. On Rocky Mountain Cycling Club rides cyclists are spread out all over the routes. You are expected to train more on your own, or seek help from Midlife Cycling, if you are not able to keep up with the majority of cyclists on a ride.

Riding with a cycling club or other group is a double-edged sword. We encourage riders of all abilities to join a group in order to find training partners. All riders need external encouragement no matter how much motivation, initiative, and self-discipline they have. However, group riding can also destroy your training progress by forcing you to ride too hard.

Each person has a specific level of training intensity that will produce the fastest rate of fitness improvement. It is unlikely that you will find another person that with that same exact level. So we all give up "optimal" fitness gains to obtain the other benefits of motivation, safety, and more from other cyclists. The difference between making progress and regressing can be as little as a 1 mph deviation from your optimal training speeds.



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TRAINING OVERVIEW

In Denver, the Midlife Cycling training season starts on October 1st. This prepares our members for winter skiing, for a New Year Day century ride, and for the majority of annual cycling events that take place in June and July. You can start this program at any time in the year as long as you follow the same sequence of training phases.

Month 1 – Adaptation – The goal for this month is for your body and mind to adjust to the increased physical activity. We want working out during the week to become as much a habit to you as brushing your teeth.

Month 2 – Basic Fitness – Now that you are doing some activity each week, we now help you set and achieve process goals of performing specific exercises and a specific number of repetitions for each exercise.

Month 3 – Holiday Survival or Intermediate Fitness – If you started the season in October your goal is to minimize the loss of fitness during the holiday season. If you can maintain a training program then we help you set a specific rate of improvement for each exercise.

Month 4 – Endurance Base – The key to the Midlife Cycling program is building muscular endurance. We will shift our training focus at times to building strength and speed but always return to endurance training. Power is the delivery of that strength and speed over ever-increasing periods of time.

Month 5 – Cardio-Respiratory Base – As muscles grow the heart, lungs, and blood must adapt to delivering more food and oxygen to, and removing more waste products from, those muscles.

Month 6 – Lactate Threshold – Waste products from muscles are collectively known as lactate. At some level of increased exercise intensity your body cannot process lactate fast enough and it begins to accumulate. We help you train your body to recover (process lactate) quickly or tolerate increased levels in the bloodstream.

Month 7 – Power Development – The goal for this month is to develop the ability to power over hills or through the wind at a faster speed and longer time.

Month 8 – Speed Development – The goal for this month is to develop the ability to accelerate the bike quickly and to maintain a higher average riding speed.

Month 9 & 10 – Specific to You – Most people do not train just for the purpose of training. In these two months you will put your new found fitness to use by riding in local cycling events or going on cycling tours.

Month 11 – Assessment – You will determine your strengths and weaknesses to prepare for next season.

Month 12 – Transition – You need to take a break from road biking for a month. This is a time to try mountain biking, cyclocross, or even an entirely different sport.

ACTION ITEMS

1. Sign up for the FREE weekly newsletter at www.midlifecycling.com
2. Obtain the “Getting Started” CD at www.midlifecycling.com/start.htm
3. Call (303) 756-0041 to discuss your specific goals, experience, and current lifestyle.