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## Intermediate Bike Training News

Create a Sustainable Healthy Lifestyle

October 25, 2006

**Dear Rick,**

It is that time of year where the weather doesn't look real inviting for cycling and yet ski season isn't up to speed. This is when you can really start packing on the pounds. Unless...

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Most of us ride all year. But it takes a few rides to get used to wearing all the clothes. Good news is that there are so many great fabric technologies. Warm doesn't have to mean bulky. Gortex with fleece lining is the winner but expensive. However, treat clothing as an investment. High quality clothing can last many seasons. And, the better manufacturers stand by their products with lifetime guarantees.

It is also cold and flu season. My daughter gave a cold to me which I promptly gave to my wife. The general rule is "above the neck you can ride but below the neck don't ride." A couple of seasons I had one AT the neck - a sore throat with no sinus or chest problems. I rode in the cold and it turned into bronchitis that lasted for weeks.

My advice now is to lay low for the first few days of a cold to give your body a chance to fight it. Increase your nutrition, hydration, and go to sleep early. And, when I say sleep early, I mean 7 or 8 PM. Then ease into activity. Start indoors at first with a humidifier if necessary. My belief with illness or injury is to get back to physical activity ASAP. You just need to start easily and be very, very careful that you are helping and not hurting the situation. Again, your body is smarter than all of us - listen to it.

Finally, now is the time to focus on core exercises. The muscles of your trunk and pelvis are considered the core. Building these muscles is something that you should work on all year. A strong core helps in all sports and in daily life.

Have a great week.

Rick Russon

### *On the road...*



We will be following the Rocky Mountain Cycling Club schedule for the remainder of the year. For novices, you should be riding on flat terrain and building endurance. Focus on increasing the time you spend on the bike. Ride at the speed where you can talk but can't sing - the point where you just notice an increased breathing effort.

Saturday's ride is out of Larkspur. The route will have hills but is not a continuous climb. So it is still a good ride even if you are working on leg strength in the gym. Just be aware that your legs will be fatigued from your workout so you won't be as fast in the hills.

The Sunday ride is out of Northglenn. It is part of the famed Morgul-Bismark course. This one will have some hills also.

[Ride Schedule...](#)

### *Indoor Training...*



I enjoy working out at my health club. But that is only when the dark or bad weather prevents me from being outside. This year I am using a "punch card." For those of you who don't want to commit to an annual membership, see if there is a club around you that offers a punch card.

If you don't like health clubs at all there are several things you can do. I have developed a routine of various exercises that don't require any special equipment. While you don't need any equipment I've found that the quality of your exercise can be greatly improved with the addition of a Fitness Ball and some light dumbbells. I am trying to release this on DVD but until then contact me if you want to schedule a session to go through the routines.

### *Eating...*



We are counting down to the period that I call "Holiday Survival." It starts with the Halloween candy and lasts until you wake up from a drunken stupor on New Year's Day in what you want to believe is someone else's grotesque body. But it doesn't have to be this way...

As I've mentioned numerous times before, base your life on "thriving" and not "depriving." Holidays are a time to relax, enjoy friends and family, reflect on the past year, and look with hope towards the new year. Here are a few tips on making it through the holidays.

- Portion Control - you can eat anything, just don't eat too much.
- Hydrate - if you are going to drink then try to drink as much, if not more, water at the same time.
- Exercise - do anything - lots of short, quick exercises is better than nothing at all. Also, take the steps, park further out, and do anything else in your normal daily routine that requires more physical activity.

### *Quick Links...*

- [Rocky Mountain Cycling Club](#)
- [Denver Bicycle Touring Club](#)
- [Ride Schedule](#)
- [Online Store](#)

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