

[<Back](#) [Print](#)

Intermediate Bike Training News

Create a Sustainable Healthy Lifestyle

Dear Rick,

I hope everyone is having a great holiday season so far. It has been a long time since I put out a newsletter and this will probably be the last one for the year.

The Midlife Cycling program is effective for a lot of people because I developed it for me. I completely understand the lack of time and low priority for a "regular" exercise routine. I have been overloaded keeping two businesses running, preparing for the holidays, relatives coming in and out, the unridable road conditions, etc. etc. etc.

That's why I call December the "Holiday Survival" training phase. Here is how you can survive the holidays also:



Keep Exercising

Most people who stay in shape exercise all year. It is just too hard to stop and start back up again. This is a "turtle and hare" situation where we turtles maintain a relatively constant physical activity level all year and make continuous gains.

The hares, on the other hand, take a break during the winter and try to start back up each spring. Unfortunately, they keep resetting their conditioning back to zero and it takes half the riding season for them to get back to where they were at the end of the previous season. I can't count the number of different partners and groups I've ridden with over the years because I've outgrown them.

The key to great health and fitness is well known. You just have to find a way to accept it and make it a part of your life. You just have to find that compelling reason to stay healthy that will never go away. For some that is controlling a chronic illness like Diabetes. For myself, that is a daughter who will become a teenager on my 60th birthday. For others that might be wanting live long enough to see grandchildren or great

grandchildren.

Holiday Conditioning

Please study these tips from the perspective of how to integrate them into your lives. You've heard them before and know them. What you may not have done is put them into practice:



- Walk: park farther out in the parking lot, walk the dog, walk for errands, just look for any opportunity to walk. And, pick up the pace. Walk, don't mosey.
- Take Stairs: climbing stairs is the same motion we use in cycling. It forces you to pick up your feet and lift the entire weight of your body. And, there are stairs everywhere.
- Core Exercises: everyone watches television at some time. That is the perfect opportunity to do crunches, pushups, or workouts with the fitness ball, weights, bands, etc. So reach for a dumbbell instead of the popcorn.
- Step ups: you can do 30 step-ups in 30 seconds. If you lift one foot you don't even need a step. You can do it at your desk when you're on the phone. Again, this works our main cycling muscles.

The preparation for Navy Seal training consists of crunches, push-ups, pull-ups, running, and swimming. It is not elaborate and doesn't require any equipment. You just have to do them.

Don't think of the gym as another job. Think of it as a great place to get away from the grind and relax. The mistake that a lot of people make is that they are going to make up for an entire day or week of stress by exercising as intensely as they can for an hour. If you do the workout right you should feel better when you leave than when you went in.

Another great thing about the club is that there are so many different ways to work each muscle. But randomly hitting the different machines will not give you a good workout. The basic weight training philosophy is to work large muscles to small and work opposing muscles as a set (i.e. abs/back, biceps/triceps). Dan and I even rotate between lower body and upper body.

Check the RMCC site for the times and locations of the Show & Go rides. The next big ride will be the New Year's Day Century if the weather is good. Have a great holiday, eat well but watch portion size, keep up a little exercise, and get ready to hit it hard come January.

Sincerely,

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