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Intermediate Bike Training News

Create a Sustainable Healthy Lifestyle

January 16, 2007

Dear Rick,

A Happy New Year to everyone. As is customary, I hope that you have made a resolution to improve your fitness this year. I'd also like you to make a second resolution - that you resolve to follow through with the first resolution. The majority of fitness commitments fail around Feb/Mar. Let's work together to assure your success.

The weather has been horrible this year. Normally we can ride several hundred miles per month all year except for Feb. But the Midlife Cycling program is designed to accommodate interruptions to our riding due to weather, work schedules, illness, etc.

A lot of news articles are saying that 2007 is the year that a lot of people are focusing on health. With rising insurance costs, and medical providers stretched thin, it is in your best interest to stay well and not rely on prescription drugs to keep you alive.

So good luck and prepare to thrive rather than just survive in life.

Rick Russon

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About Midlife Cycling



Periodically I review the purpose of Midlife Cycling for people who have joined our newsletter recently. It is also a good review for long-time members. We gain performance so fast that we tend to get a little competitive and forget that the big picture is about sustainable healthy living.

You have to be active and fit if you want to be healthy and get the most out of life. Walking and taking the stairs will only get you so far in this quest for vitality. Short, intense workouts will get you a little farther. You move from fit to athletic when you have at least one 2-3 hour workout per week. My Cycling Physiology seminar explains why in detail.

Most popular fitness programs have been developed by people that are current or past competitors or who have worked in the industry as a career. I will certainly recognize their expertise at achieving optimal fitness, however... These programs work for only a small percentage of our population otherwise we wouldn't have 80% obesity and a health crisis.

The typical Midlife Cycling member is a successful professional who works 50-60 hours per week. They are active in professional and community organizations. They have family, homes, and all the associated obligations. And, many of them spend a lot of time traveling. A "regular" fitness program is, and always will be, rather far down the list of their life priorities.

I know how exactly what it takes to help these members because I am one of them. At 49, with a 3-

year old, two businesses, church, and a non-profit organization that I'm involved in, I understand intimately the challenges to fitness that you face. I may even face more pressure because good health is not just an option for me. It is imperative that I thrive if I hope to see my daughter graduate college and get married someday.

If you will put your faith in this program and me for this season, I assure you that we can work through any obstacle to health and fitness that you may encounter. Midlife members are 25 to 70 years old, from 100 to 350 pounds, and are couch potatoes to competitive athletes. Some have health challenges like Diabetes and asthma or have recovered from injuries like ACL replacements. Whatever your situation may be, I've probably run across it before.

[Midlife Cycling website...](#)

Nike 10//2



Last year Nike provided 10 weeks of free training to the public to prepare them for the Livestrong Challenge ride. Yours truly was lead coach for the cycling. I hope that they will continue with the program this year. This was a great way to obtain on-road training that you won't get with cycling club rides. So be on the lookout for Nike 10//2 this summer.

Indoor Training



All this bad weather doesn't have to impact your fitness. Dan and I work out each week at the Littleton Family YMCA on our winter weight training program. You may not know that you can obtain a punch card for the YMCA or community recreation centers if you don't want to pay for a full year membership. The YMCA works out to about \$6 per visit for us.

The foundation of our indoor training is core fitness exercises. We do crunches, push-ups, and more all year. More advanced core exercises, like Yoga and Pilates, develop control of breathing when under exercise stress.

Weight Training is for building muscular endurance at loads greater than you can place on your legs when riding. And, Plyometrics (ski fit classes) help develop explosive acceleration on the bike.

While there are lots of classes available, I have selected routines that you can do anywhere and anytime without any special equipment. You can even do them in your business suit throughout the day. Last weekend we shot the footage for the Core and Advanced Core DVDs. We are getting closer to a release date for these products.

Classroom...

Cycling with RMCC requires some study. I have provided some basic information that you can download from the online store for free. Many training programs focus on speed and power. However, what I've found is that few people have the ENDURANCE to train at the intensity or length of time it takes to really derive the stated benefits.



A good example is that most of my experienced cyclists will not work on any hill climbing until they have at least 1200 miles of flat, low-intensity endurance training. This may seem like a lot but it takes only 4-6 weeks when riding 200-300 miles per week. For those of us who ride only one long ride and 1-2 shorter rides per week (100-150 miles) we will start climbing after 600 miles.

Do not frustrate yourself by comparing your training to others. The goal is to obtain the maximum fitness benefits for the amount of time that YOU personally have to be active whether that be 3 or 30 hours per week.

[Free papers...](#)

New Member Orientation CD



"Getting Started" is probably a poor title for this CD. I was trying to describe that this audio program provides the information you need to know to move from casual riding to more advanced cycling. Here are some highlights...

Getting Started
Cycling for Lifelong Health



You don't need an expensive bike to ride at an advanced level. My Giant OCR 2 costs less than \$600 For those of you just starting out you could even use a mountain bike while trying to build your endurance foundation. There are very few accessories that you need. But that which you do need is really essential. If this CD keeps you from buying even a single non-essential accessory it will have paid for itself.

Yet, I still ride with people who think they know all about long distance cycling. One 1200K (750 mi) participant complained recently that a particular tire was garbage because he had 17 flat tires during the ride. If he had listened to this CD he might not have bought a soft compound racing tire for his three day ride on highway shoulders filled with glass, nails, and other hazards.

This is the combined knowledge of hundreds of RMCC cyclists that have ridden hundreds of thousands of miles over twenty years. Do you really want to waste the time rediscovering what we already know?

["Getting Started" CD...](#)

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Midlife Cycling LLC | 1579 W Briarwood Ave | Littleton | CO | 80120 -3632