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Intermediate Bike Training News

Create a Sustainable Healthy Lifestyle

March 15, 2007

Dear Rick,

Due to technology problems of biblical proportion you'll notice I'm back on Constant Contact. The Express Email Marketing account and all email addresses has been deleted.

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We are finally riding to the RMCC schedule again. But many of us don't have much mileage for the season so it is too early to do the big climbing rides. I'll address this in the next section.

Have a great week.

Rick Russon

On the Road...



The RMCC schedule is a fixed riding progression that doesn't accommodate weather conditions. At this time last year I had logged 1200 miles. This year I'm under 300. For cyclists who haven't been riding much in previous years I like to see them put in 1000-1200 base miles on flatter terrain before they start climbing. If you've been doing indoor training, weight training, or coming back from last year you can probably get away with 500-600 miles. If you have a lot of experience riding with RMCC then you can push the hills with minimal base mileage.

First you will want to really make sure you warm up for 30-45 minutes. Next do some high-cadence 2-3 minute intervals on small hills or flats on the way to the bigger climb. When on the climb gear down low and spin up the hill. The object is to keep the stress off your leg joints. If you normally "mash" up the hill during the season, and try to do this at the beginning of the season with little base mileage, you'll probably set yourself up for a good case of patellar tendonitis.

This weekend I'll be on the Saturday ride out of Larkspur. The short route doesn't have much climbing and is appropriate for starting the season. The longer route goes through Rollercoaster Road. You can climb these rollers if you have some riding in but just take it easy.

CENTURY RIDES: several people have questioned my focus on the Century distance. First, most people can hop on a bike with little experience and ride 30-50 miles. But you can't "fake" your way through a Century ride if you want to do it well. You need to know bike preparation, proper warm-up, hydration, nutrition, pedaling technique, and managing energy over the entire course. It is also a distance that will have a measurable effect on controlling blood glucose and your lipids (cholesterol, HDL, LDL, triglycerides).

[Midlife Cycling website...](#)

Indoor Training...

keep up the core exercises and aerobic activities. But you should start backing off the strength training as you start climbing hills.

Nutrition...



What should I eat? How much should I eat? Most recreational and competitive cyclists will ask themselves these questions at some point. Some ask themselves everyday!

In future newsletters we'll talk more about specifics, but let's start with the basics. When thinking about what to eat, keep these thoughts in the back of your mind.

1. Think clean. Thinking clean means choosing foods that are not fried or coated in heavy sauces (alfredo, cream, breaded, etc). This minimizes excess calories and allows you to get the most nutrients per calorie.
2. Wholesomeness. Always try to choose foods that are processed the least. The more a food is processed the greater the chance that extra calories and preservatives have been added. For example a whole apple is more filling than applesauce, which is more filling than apple juice, and a baked potato will have fewer calories than scalloped potatoes.
3. Portions. Think appropriate portions. This is important for both weight management and also for adequate recovery. Check the label of your favorite pasta and see how much you need to eat to get 45-75 grams of carbohydrates (a good amount for a post workout snack!)
4. Calories in should equal calories out. Calorie intake should coincide with your volume of training (a function of length and intensity of effort). When you are training with a heavy volume, your intake of food (quality food!) should go up. If it is the December and your volume has been cut in half, then your calorie intake should be decreased as well.

For more information contact Michael Koons, MS, RD, CSCS, at mkoons@velofuel.com. Michael is the owner of VeloFuel, LLC, a company that specializes in providing nutrition services to recreational and competitive athletes. Michael is a Registered Dietitian, a USA Cycling Level 2 Coach, and a Certified Strength and Conditioning Specialist.

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