

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

## Intermediate Bike Training News

Create a Sustainable Healthy Lifestyle

September 6, 2007

**Dear Rick,**

The 2007 training season has officially ended for us. September is a transition month where you should be riding just for fun and evaluating your strengths and weaknesses. In Oct-Dec we will be working with off- bike strength routines and preparing for ski season. Advanced riders, i.e. those of us who are comfortable at 50-80 miles for a typical ride, will continue to ride all year. However, we will drop our mileage down to 30- 50 miles in December.

2007 was a terrible year for riding due to the late winter weather. The Midlife Cycling philosophy is to think long-term. In some years you will make more progress than others and sometimes you may even need a break from cycling. What matters is that you continually improve your health and fitness without worrying about how fast the results come.

This year I even took up running again. Sometimes it is just more convenient to do a run than a bike ride. If you came from running as your primary sport but had to give it up then you probably miss it as I do. What I found was that running as a secondary sport is quite enjoyable because I don't focus on my performance. Cycling satisfies the Type A in me and I can really just enjoy a nice morning run with a friend now. But back to cycling...

Every training season follows the same sequence of conditioning. The only difference is the intensity and volume of workouts that each person performs. If you have never had any formal cycling instruction then the first step is to go for an Assessment Ride with me. Personal instruction is not the ideal training delivery vehicle because of the resource limitation (me) and the fact that many MC members live in other states. But for those lucky enough to live in Denver this is the best way to jump start your training so that you work on specific problem areas. Call me for details.

In October we will start our training with basic Core exercises. We focus on abdominals, lower back, and hamstrings. If you have a good routine already or access to a training program then that should suffice. Otherwise, I will give you some cycling-specific routines and, more importantly, show you how to work them into your normal daily routine. After all, lack of time is the number one excuse people give for not working out. I'll show you how to overcome that obstacle.

Finally, for those of you who want to ride this weekend but don't want to go to Granby for the RMCC club ride, my training partner and I will be doing a century ride from Littleton to Palmer Lake and back this Saturday. We will leave out of the Santa Fe & Mineral RTD Park and Ride at 7 am. Meet in the northwest corner of the parking lot above the Panera Bread store at Aspen Grove. Look for my silver Honda Accord with RDOCHER license plates if you want to come.



Rick Russon

### Quick Links...

- [Ride Schedule](#)
- [Rocky Mountain Cycling Club](#)
- [Rick's Ride Schedule](#)
- [Denver Bicycle Touring Club](#)

- [Join RMCC Online](#)

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