



RIDER TRAINING DOCUMENT

Ride your bike, ride your bike, ride your bike...

Gear Recommended for Training Rides

- Road bike
- Tubes
- Cell Phone (you'll want this when training in case you get a flat or something you can't fix).
- Always bring ID with you on solo rides and tell someone when you'll be back.
- Bike shoes
- Helmet
- Eye wear (sunglasses with dark, clear, and yellow removable lens are recommended, MEC has some that are not too pricey).
- Hydration system (1 bottle per hour in moderate temps, add a half bottle per hour if it is hot, add another full bottle when really hot).
- Saddle bag for your multi-tool, extra tube and whatever else you may fit in there.
- Chamois butter. If you get saddle sores you should deal with them immediately to prevent infection and a much worse problem. Check with a coach if you aren't sure what these are but know they aren't pleasant!
- Shoe covers
- Bike computer is very handy.
- Good cycling shorts and a jersey or two!
- Long and short fingered gloves.
- Various layers for all weather and temperature.
- **ALWAYS TELL SOMEONE THE ROUTE YOU ARE TAKING!**

IF YOU ARE BUYING A JACKET/VEST WE STRONGLY SUGGEST BUYING ONE THAT IS BRIGHT YELLOW

Getting Fit to Train

Cycling is much more getting on your bike and riding. Although cycling uses mostly your legs, it's important not to forget about everything else that makes you a better cyclist. Cross training is important to incorporate into your schedule.

Cross-Training Ideas:

- Running – works a lot of the same muscles, but also incorporates some upper body exercise that is left out of cycling.

- Yoga/Stretching – flexibility enhances your overall physical health and athleticism. Cyclist can have problems with their various muscles in their lower body as well as in their back and neck (from staying in one position for so long!).
- Swimming – great cardio, low impact and wonderful for the upper body.
- Weight Training – for overall strength.

Things to keep in mind while you're riding:

- Move your fingers and hands (they can get numb).
- Stretch out your arms (keep your elbows slightly bent while riding).
- Take regular breaks whenever you need them to stretch your back, neck and legs.

From the Beginning

If you've never used clip peddles you will probably feel nervous at first about being "clipped" onto your bike. You'll adjust quickly but here are some tips to help you feel more comfortable:

- Start small. Head to a large parking lot when there are very few cars. While near a curb, practice clipping in and out while one foot in on the curb. Alternatively, get on your bike in a doorframe, stabilize yourself with your arms and clip in and out.
- Once comfortable doing that, practice in starting and stopping in a vacant parking lot.
- It may be helpful for your first road trip to go at a time where there will be little traffic.
- Then move into getting to know how to handle your bike better. Using the same vacant parking lot, learn how to make a tight turn, get a sense for what that feels like.
- Practice stopping very quickly.
- Get to know your gears and how your brakes feel.
- Now you're ready for the road 😊

Nutrition

Nutrition while exercising is so important, especially when you are riding for long periods of time! On the Big Ride we will be on our saddles for hours at a time. We are like cars in the sense that we need fuel to keep ourselves going! The hills of the Rocky Mountains aren't going anywhere, so we want to make sure that we are putting the right fuel into our bodies to create energy.

Carbohydrates are a great way to fuel before a ride. We also need to focus on Hydration. Don't be fooled, Gatorade can be a great way to restore those electrolytes, but you want to make sure that you are also sucking back the H₂O. Too much sugar will cause you to bonk half way through a long ride. About half should of your fluid intake should be straight water. Experiment with what works for you.

If you are a beginner, use trial and error you see what types of fuel work for you. Many people like gels like GU, Powerade Gels, Carboboom Gels, etc. while others cannot stomach the stuff. At your local shop there are many options for fuel on the ride that you will be able to put in your back pocket; try a couple and see what works and what you like. On a ride over 50km you should generally try and fuel every hour, which will ensure that you will have enough energy to finish.

Nutrition before and after are so important. Loading up on junk food the night before a ride won't make you feel very good on your ride the next day. Try to avoid fast food and high

fat/high sugar content foods. Make sure you include carbohydrates like pasta and lean proteins like skinless, boneless chicken.

Post ride nutrition is also key. Re-fuel by staying hydrated with water and try to get something like a protein shake or banana into your body within 20 minutes of finishing the ride. This helps your body recover. Protein is very key here and you should aim for about 20-35 g of protein within a half an hour of finishing your ride. This will reduce muscle fatigue and lactic acid and help you recover much quicker!

Specific Workouts:

Depending on your experience, your rides and how quickly you build up distance will vary. Each person is different and you don't want to go too far, too quickly, but also you don't want to only ride 20 km rides leading up to the ride. Start with 20 - 30 km rides, and add a little distance each week. By June 1st, you should be riding back to back 100 km rides.

Generally, riding 4-5 times a week is a good way to look at things. Pick your riding times based on your schedule to know when you will have time to do your rides. Many bike shops have set nights when they do group rides. Often these are rides 60-80 km depending on the shop. Find out and see if you can fit that into your schedule. It is a great way to meet other riders as well as find other people of similar skill levels to ride with on other occasions.

Given that we will be climbing a fair amount during this ride, some rides should specifically be hill training. For Halifax based riders, Purcell's Cove Road and Montague Road both offer some decent hills for repetitive climbs.

Training for the Big Ride is fun. It is a no pressure, non-competitive event for many different skill levels. While there will be some riders with years of experience, there will be others with little to none. Know that no matter what level rider you are, on the Big Ride everyone works together.

These are just some general tips. More specific tips will be coming out in newsletters, or feel free to post your questions on the Facebook Forum.

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