

Special Topic Note - Extra Training Tips

[Campaign Preview](#)

[HTML Source](#)

[Plain-Text Email](#)

[Details](#)

[View this email in your browser](#)



As our first ride is just 8 days away, we have a bonus special topic note to share with you this week!

Here is a special topic note put together by Ready2Roll Cycling Co-founder, and long-time cycling expert (dating back to MS 150 #3 and beyond...), Marshall Cohen. Marshall has many years of experience training for cycling and running events and he will share some very useful personal experience with everyone. Don't forget to watch your inbox later today for the Friday update note with the weekly ride details.

Take it away Marshall...

At Ready2Roll Cycling, quite often we are asked questions on a wide array of topics and one that frequently gets asked of us is “aside from the Ready2Roll Cycling rides, what else should I be doing to get ready for the Bike MS: Texas MS 150?” Well, this is a very good question and what works for one person might not work for another. But given that the question is so frequently asked, I thought I would take a few paragraphs to offer up some thoughts.

I like to start with the “end in mind” which means are you trying to just make it to

like to start with the end in mind which means are you trying to just make it to the finish at College Station, are you trying to set a specific pace, or trying to have a great experience without struggling much, if at all? Of course, each of these goals require different levels of training effort. Let's use the most common as a baseline which is, "I want to have a great experience and not struggle."

OK, so now that we set our general goal, let's talk about what needs to happen from here. First, are you in decent shape? Have you been doing anything aerobic prior to the start of the Ready2Roll Cycling training series? Having a baseline of general routine exercise gives you a great "running start" or should I say "riding start" toward your goal. Regardless of what you have or haven't been doing so far, now is the time to "turn it up" a bit. We can't change the past but can certainly address the days ahead – so let's do it.

Since the vast majority of our riders aren't 20 years old with that rare ability to wake up in the morning and ride 100 miles, we all need to train! So what training should you be doing?

The obvious answer is cycling. Finding time to ride your bike during the week is ideal. But this time of year, it gets dark quite early and frankly, traffic on roadways makes riding on streets quite hazardous. Therefore, consider the next best thing...a spin class, stationary bike or peloton. All of these are great indoor options that you can do mostly on your own schedule. If you have access to a stationary bike in a gym, then hop on it, put your headphones on, turn on a mindless television channel and just go. You can spend some time getting warmed up and then pick up the pace with your legs spinning at 80 RPM or faster. Add tension and challenge yourself with resistance. As you get comfortable on the bike, increase your time and your challenging workout.

Consider doing some standing climbs on the bike to simulate riding hills. Now don't do this every day as you might get injured, but rather have one day as a hard day and the next day an easy workout. Always allow yourself a day of recovery!

Another great training option is participating in a spin class. This usually requires a gym membership or having a good friend that will be kind enough to invite you as a guest. Spin classes are a great way to get a high energy, fun workout in a condensed amount of time. With some great music and a motivating instructor, the time will fly by while you get a great workout in. Of

course, don't be a first-timer in a spin class wearing your helmet!

While I am on cycling workouts, a good option for some hill training on weekends is riding up and down in a downtown parking garage. Doing this is a bit tricky in that you must be sure there's no vehicle traffic, the garage is well lit, safe and there is not gravel or standing water on the pavement. Simply ride up the garage, floor by floor, both seated and standing, and then slowly and carefully descending down to the ground floor. Do this over and over. Be very careful and not race down the floors of the garage as there are many blind corners. The parking garage workout can really help with your training to ride hills.

Another training alternative is the stair climber. I really like the stair climber as a training vehicle as it works some of the same muscles as you do when riding. Very important is to have good posture when using the stair climber and you will find your quads, butt, and back will feel the workout. Start off doing maybe 10 minutes and then gradually increase the time and intensity in the days following.

When you aren't able to get out on the bike, consider other aerobic exercises to incorporate as your workout during the week. Running, swimming, brisk walking, etc. are all very good as alternatives to riding. Just do something aerobic a few days a week where you get the heart rate up. If you work in an office building, commit to walking the steps every day and leave the elevator alone.

Finally, I strongly suggest you either take Friday's off from working out or have a very easy, light workout. Even consider Friday as being a day for stretching. Since the Ready2Roll Cycling rides are Saturday morning, you want to be sure that your legs are "fresh" for the Saturday ride. Having the legs fully recovered and rested for the morning ride will help ensure you have an excellent ride.

Remember, now is the time to "turn it up" so go for it. Good luck with your training and I look forward to seeing you Saturday mornings. If you have found this information helpful, please feel free to let me know.

Enjoy!

Marshall Cohen

Ready2Roll Cycling



Copyright © 2020 Ready2Roll Cycling, All rights reserved.

You are receiving this email because you registered for the 2019 Pedal Away Alzheimer's Ride.

Our mailing address is:

Ready2Roll Cycling
11027 Holworth Dr
Houston, TX 77072-1923

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).