

## ITS TIME FOR G-G-G

**Do you know what G-G-G stands for?** Are you ready for Grunt, Grin, & Grimace? Its the time of the year to put a new foundation on your athletic house. In fact we may be even a little bit late on this ~~A~~new foundation@for the athletic house.

This is the time of the year when muscles that have been honed by event specialization need to be rebalanced and strengthened. This is also the time of the year when flexibility can be easily enhanced. Just watch a pro football game to find out how important flexibility is to athletics. The agile 300 pounder is almost the norm and that is the result of some very careful training and stretching. Take a look at the top cyclists, runners & swimmers and you will find an ability to vary their leg speed, foot speed or turnover rate. Their talent plus strength plus flexibility helps to make them the top athletes they are.

**It is time to Excavate** One has to prepare the foundation. Dig out the bad habits & put them aside. It is time to vary your routine, and do your planning. The old bromide ~~A~~Plan your work & work your plan@does apply. The general plan should probably include a balanced mixture of varied sports activity plus three days a week devoted to the weight room. It is not necessary to belong to an athletic club but its makes for a nicer experience to have a social portion to the preparation. Such training also can provide stimulation and education.

**Use the Starters Pistol on yourself----if you want last years performance--use last years plan.** The question has to be asked--where does the training information come from? Do you use new but recognized training information or a coach? What innovative item has been added to your plan?

**Here is what we do.** The racers that I coach have been doing weights three times a week for many years. We follow a simple pattern built around each racers needs. The foundation is solid. We warm-up with bikes on rollers & then proceed to the weights after about 45 minutes. That is a winter preparation reduced to its most basic definition.

**The Devil is in The Details** The execution of the plan is simple but it is not fixed and the details are many. For example our roller workouts make use of fixed gear bicycles. We make use of the fixed gears because it improves speed & efficiency. Racers must be smooth in order just to stay upright at speed. We do high speed intervals with the intensity & duration determined by the time of the year & the development of the rider. This is a good time make occasional use of a heart monitor to check recovery and maximum intensity. Our usual high intensity intervals usually range from ten to thirty seconds. Gearing is usually set in the range of seventy six to eighty four inches. Two hundred RPM is not unusual.

Next is off to the weights and the grin, grunt & grimace. The issue to remember here is that there are a lot of no no's. No! do not start out where you left off last year. No! do not just do it by memory. No! do not lift heavy weights ~~A~~cold@

**The Weights & their Progression** require some paperwork. For cycling, some muscle groups are important & some not. We follow a four month progression which proceeds from higher to lower repetitions & from lower to higher weights. The first portion is easy to define--two to three sets of fifteen reps at about 75% of capacity. This is easy to remember & easy to execute. Make your exercise list and then do a reps/weight to keep track. The bookkeeping is easy, especially if you carry a stitched pocket sized notebook like a **APolice Notebook**®. Our typical list of excerscises would include: bench rows, leg press, leg curl (hamstring), toe raises, leg extension, lat pull downs, back raises, curl ups, bench press, & leg lifts. This is almost a full boat for one evening & takes concentration to keep the intensity up so that a workout does not go longer than about two to two and a half hours. We progress first by going from 15 reps at 75% to 12 or so reps at 90% for the second or possible third set. This is easy to do & easy to test. Do not test too early in the weight training, you can get injured. The end of the workout is stretching and shower time. The stretching is an important part of any event or workout. Muscles can shorten and then a higher than normal intensity can bring about an injury. Recovery from training or racing is faster after stretching. A simple toe touch will tell a lot about flexibility.

**But Wait There=s More**, but not for this issue. Get the next issue of RaceCenter for the next two months of Go Fast Cycling training.

Your questions are welcome---