

## ACT II G-G-G

**Act II of Grunt, Grin, & Grimace** is now in full swing, and this would be a poor epic if we did not have an Act II. Here is a review of what was touched on in the last issue. The subjects touched on included flexibility, renew good habits, the warmup, beginning weights, & record keeping.

**An easy temptation** in bike race preparation this year is to look outside & conclude that your last year was wrong because you did not do enough miles on the bike. This is an awfully easy path to follow this year because of the unusual amount of Winter Rain & almost total lack of really cold weather. Usually more miles without additional strength building will mean a loss of strength later in the season. It appears as if the body had a mind of its own and the more you ride without a well crafted overload program, the more the body will accommodate to make you efficient at the speeds you are riding. The result can be comfort at 25-26mph but no real reserves to close gaps at 30 plus mph. The diagnosis for the problem is simple-- give yourself a number of 1KM timed tests & see if your speed is improving.

**Your Police Notebook** now is ready for the update on your weight sets. With a four month indoor program e.g. December through March, late January, February & March are the months to pile on the strength. I suggest always doing an initial 15reps at 75% of capacity with the extra concentration on improving the velocity of each effort. Time for the Mills Lane quote **“Lets get it on”**. The following sets can go to 12 & 8 repetitions at about 90% of capacity, and later sets to 10 & 6 repetitions. In order to be effective, these sets must go to failure-- if the notebook says 6 reps & you float through it, able to do 18 reps at that weight, it is not effective! Stay busy, pay attention to form, and record your progress. I suggest adding a column to your sets & reps chart for **“feeling”** and use letters A,B,C & D for your indicators. With this indicator, you are the master of your progress. For example, if you note a lot of A's for an exercise & little progress, then you are off the track & your **“Police Notebook”** has garnered the evidence for you. When you are on course then there will be lots of B & some C feelings with steady improvement in weight capacity. Expect to be tired but not wasted.

**The not so obvious** becomes very obvious when you try out your newly developed strength on a long hill & your back hurts awfully like you had never been on a bike. In fact, your back has probably become an assistant weight coach. In cycling & in many other activities, a strong torso is a must. Lots of attention in preparation must be directed to both the stomach and the back. This means developing both stomach & back while paying attention to flexibility. The back will benefit from **“Good Mornings”** and lots of **“Bench Rows”**. Opposing muscle must be worked with curl ups, crunchies, Romans, leg lifts & the Roman Chair.

**Here is a variety tip or two--** This is the time for adding cycling volume to the training regimen. Time management is the toughie here-- working, school & family demands can make a mess of a passion. Training is cumulative, make use of the small parts of hours to stretch or do easy calisthenics. Gather a number of training devices e.g. rollers, fixed gear bike, wind trainer, an exercise bike. Each of these items can produce a different

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result if used to their best advantage. I particularly like the somewhat older Schwinn X900 exercise bikes. These are fixed gear trainers which can take regular pedals & bars. They can be used to produce both power & speed.

**Next Issue** I will tackle going from mostly inside to mostly outside in this start of season period.

Your questions are always welcome