

## INSIDE OUTSIDE

**A quickie review of last months** ACT II G-G-G- is in order because some Grunt Grin & Grimace is still on the menu. Also still on the menu looking at your Police Notebook to see if you really did those muscle preparations & that riding during the last two months. There are some self examining questions to be answered, am I strong enough? (never!) Am I fit enough for this part of the season (could be) & Am I on Plan? (maybe).

**Its time to review your plan** for the season. This means first looking at your Race Schedule & what events you plan to do. If you are planning to tackle a major event, then the date & difficulty of this climax of your season has to be in mind & you must know if you are ahead or behind on your training schedule. Look at your accomplishments of the last four months to see if you are equal to or better than before at this time of the season.

If you are lost or just tuned in to this dialog this is probably a transition time for you. You should be working hard but not long in the gym & outside on climbing & muscle building. In Oregon, the first road races are the Banana Belt Series February 28, March 7 & 14. The next traditional race is the Piece of Cake RR on March 22. In Washington, early established races are the Vashon RR & The Snohomish RR on the March 28-29 weekend. It is my belief that triathletes & time trial specialists need the variety & intensity of regular racing. Did you know that the current World Hour Record was done by Chris Boardman just eleven days after he completed the Tour of France? It appears likely that his racing enhanced his drive & knowledge about what is necessary to be a winner. Boxers who only train, are said to have **bring rust@**.

**You have to know** what makes good or even great training ride. Riding the bike is fun and healthy. Training has to be fun as well. A five hour **death march@** on a bike in cold weather is most likely to produce a tough & determined rider who can ride mostly at one speed. The adage is that training is cumulative. Each training event must be defined to have fun & still satisfy its objectives. Ask the question about what is to be accomplished & why & the answers will come tumbling out. How about the coming race & what will win it? Most races in the Northwest have hills or a hill which will determine the race leaders. Ideally then, your training route will have hilly or flat beginning for warm-up followed by a hilly or technical section for intervals & efforts & finally an easy section for warm-down. A two hour training ride begins with a warm-up of about 40 minutes, then 40 minutes of efforts & finally about 40 minutes of easy warm-down. This is underlined & should be in oversized letters-- it takes at least 40 minutes of increasing intensity to be ready to race or train at intensity. It does not matter if the event is training, or a road race or a time trial. If you are not able to glow, you will not be able to GO! The masters winner in a recent time trial came to the line very sweaty after warming up on his trainer for over an hour. A long active warm-down helps to bring back normal bodily chemical balances. Failing to do a proper warm-down usually means poor performance for up to three days.

**So whats an interval?** Life is an **interval@**. In athletic training an interval is usually a designated extra effort defined both in time and intensity. Defining an interval for training is largely done to answer the question of what is needed to perform the event competitively. An example might be overgeared uphill slow power efforts of one to two

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minutes to produce strength. Another example might be an extended climb to enhance ability for extended power output. A third example might be motorpacing with short to moderate extra speed runs to produce speed.

**Now time for the assembly of the pieces.** If you will do a little re-reading you will discover that this is supposed to be about going from inside to outside. We discussed mostly outside. Hang on to your inside strength building and add the outside strength & endurance riding. Our former National Cycling Coach wanted his riders in the gym at least once a week to keep the muscle on for as long as possible. If you are a road racer who does stage races then higher mileage is a must. For other preparation, tailor your road distances to your race distances.

**Next Issue** I will tackle **The Season**

Your questions are always welcome