

Ultimate Shape Fitness – Cycling and Fitness Tip – Week 1

The ADA has teamed up with Ultimate Shape Fitness and Team Beachbody to provide you with an enhanced training experience for the Tour de Cure. Welcome to our first cycling and fitness tip for Tour de Cure riders. Each week, cycling and fitness coach Myles Murphy will provide you with something good to think about and incorporate into your Tour de Cure training. Myles will also be available to answer your questions and provide support. **See the special offers below for how you can get connected and receive these perks for free.**

Here is our cycling and fitness tip for this week:

Get a heart rate monitor and start training based on some measure of your actual current fitness level instead of just logging miles in all of your rides. Create quality with focused efforts in at least some of your rides while enjoying a looser structure in others.

If you would like to learn how to do this, please refer to the document “Ultimate Shape Fitness – Advanced Training For Tour de Cure – Heart Rate Intensity Zones.” This document will be made available to all Tour riders. You will be alerted of this shortly.

From there, you will have a starting point from which you can begin to refine your training methods with the assistance of a cycling coach if you would like it. Our cardiovascular system can be trained to reach incredible heights with the consistent application of an intelligent training methodology. Plus, it’s fun to have some numbers and concepts to work on in our training rides.

Training and riding is a synergistic blend of science and art. It’s about putting in quality efforts that are matched and targeted to our current fitness level. Think of the human body as being like a car that has a manual transmission. Similar to that car, our body has “gears” that it likes to be driven in. These “gears” are where your body is currently most efficient at using certain metabolic pathways to create energy (aerobic vs. anaerobic). By riding at prescribed intensities that are matched to where those “gears” occur, we can optimize our training effect and maximize our performance and improvement over time.

So, how do you discover where your “gears” are currently? Well, an anaerobic threshold test in a lab setting is ideal, but there is a way for us to estimate their location with good results. Of course, training with this information means using a heart rate monitor in your rides, but it is guaranteed to improve your results and your understanding of how training the human body works.

Special offers for Tour de Cure riders:

Contact Myles Murphy @ coachmyles@gmail.com
619-888-8005
www.ultimateshapefitness.com

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1. Free online coaching - I would love to assist you as you are training for this year's Tour de Cure. Anyone can sign up to receive my online coaching services for FREE by simply filling out the short form at www.coachmyles.com. Here's everything you will get by doing this:

- Access to WOWY, our online SuperGym
Log your workouts, track your progress, and work out with your buddies.
- Get support from your Personal Fitness Coach
I will give you extra one-on-one support and answer your cycling, fitness, and nutrition questions.
- Connect to other members through our Message Boards
- Get great tips from Team Beachbody's weekly diet and fitness newsletter
- Get my weekly Fit Tip - something that is sure to make you go "hmmm..."
- Win a Team Beachbody nutritional product in our monthly prize raffle
- Plus, you can win amazing rewards just for working out
Enter your workouts in WOWY and you could win up to \$1,000 or other cool rewards like iPods, DVD players, and cameras every day

2. P90X program - In addition, here is a special offer on the P90X program. P90X is a series of 12 boot camp dvd workouts that will boost your strength and overall fitness both on and off the bike. Please visit our online store for more about info about the P90X program.

Purchase P90X through our online store and you will also get...

1 FREE light resistance band AND a door attachment so you can get started on your strength training right away. After making your purchase, just send me an email with your name and "P90X Offer" in the subject line along with your shipping address. Our online store is located at www.ultimateshapefitness.com.

3. P90X LIVE boot camp workouts – We are currently doing P90X workouts together as a group in two locations. All Tour de Cure riders are welcome to join us for these workouts. We're meeting on Monday nights in Pacific Beach from 6:30-7:30 pm and on Thursday nights in Clairemont from 6:00-7:00 pm. For more info and how to RSVP for a workout, please visit www.ultimateshapefitclub.com.

Myles Murphy CPT – Founder and Head Coach
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