



Getting started: An overview to getting ready for the Tour de Cure in 12 weeks

By Carmichael Training Systems

Congratulations on your decision to fight diabetes and participate in the American Diabetes Association Tour de Cure. Over the next 12 weeks we're going to be providing articles covering many important topics that will help you prepare properly, both on and off the bike for your Tour de Cure. Here is a brief overview of what we're going to discuss!

The first thing we'll cover is about pacing yourself with your training. We love the fact that you're excited and motivated, and we want to help you make good decisions about how much riding you're doing and how intense those rides are. Twelve weeks of training is certainly enough to get you ready for the event, but we want to be smart so you don't overdo it and end up too fatigued before your big ride. Getting fit for a ride like Tour de Cure takes time. Start slow and gradually increase your ride time and / or distance.



Next we'll discuss how to improve your bike handling skills with some drills you can practice on the grass (they're good for you more experienced riders as well). And since you're likely to be training in group rides sometimes and will be riding around a lot of people at the Tour de Cure, we'll cover some tips and techniques for riding safely, confidently, and powerfully in a group.

Then it's on to incorporating some intensity into your riding. We want you to build your fitness for the event, and to do this you need to work some intervals or hill repeats into your rides. Steady and consistent riding is good, but a few weeks into your training you'll want to incorporate some harder efforts so you push your fitness level to new heights. Don't worry, you're not going to need a lot of equipment and intervals don't need to be complicated to be effective.

Just as important as intensity is rest! When you're working hard on the bike your body is going to need some recovery. We'll cover the subject of recovery and why it's important to take rest days to let your body rebuild and get stronger. After 3-4 weeks of consistent training, it's also a good idea to take a whole recovery week, this allows you to recharge both physically and mentally and get ready for the next phase of your riding/ training.

Next we'll talk about nutrition and how to prepare your stomach to handle the food you need to eat to keep the body fueled to keep riding strong. You need to practice eating on the bike, just like you train to ride your bike. Most cyclists can consume around 30-60 grams of carbohydrate per hour; as an example an energy gel has about 25 grams of carbohydrate (CHO). If you're well fed before your ride, you should be able to complete a 60-minute ride without additional calories (but you will still need at least one

bottle of water or electrolyte drink), but you should be taking in at minimum 30 grams of CHO per hour for rides that last longer than 2 hours.

Hydration is just as important as fueling on the bike, so we'll cover the ins and outs of hydration in this series as well. Even if you have great fitness going into an event, if you don't eat and drink properly during your event (and training) it could ruin your day! If you lose 2% of your body weight due to dehydration it can negatively affect your performance by 10%!

As you get closer to your event, we'll provide you with some tips pertaining to your equipment and cycling clothing. This will include information about the gear and tools you should take with you, and the various clothing options you should consider based on the anticipated weather for your event.

Tapering is an important part of being well rested and feeling fresh the day of the Tour de Cure. The final 1-2 weeks before your event can make your big day even better, or make it a ride you'd rather forget. Some riders perceive that they're not ready and try to cram in extra training, but that typically has the opposite effect. They get tired and run down, and they feel terrible for their big ride. We'll help you avoid the pitfalls that sometimes get in an athlete's way so you can have a great day!

Nutrition and hydration in the days leading up to the race, is also important. We'll discuss the type of food and amounts that you're looking to eat to best fuel your event. We'll even cover what to do on the day of your event, after all the hard work is done and all you need to do is ride your bike!

So stay tuned over the next few months and we'll help you get ready for the Tour de Cure and the ride of your life. If you want additional training tips and promotions from Carmichael Training Systems, be sure to go to www.trainright.com/register and get onto our mailing list. Registering also enters you into a monthly drawing for a signed copy of Chris Carmichael's book, *The Time-Crunched Cyclist*!

