

## Training and Hydration

### Training

One of the greatest challenges of the Sea to See Ride Across America will be the training. Here are some tools and resources to help you train successfully for the Sea to See Ride.

The Sea to See Ride will be an amazing experience. Training will demand discipline and commitment, but you can do it! Check with your local gym, health club or personal trainer for help in developing a training program more tailored to your level of fitness and experience.

### Where to start

1. Determine what your fitness/cycling level is right now.
2. Break down the time you have to train before the Ride starts, and determine the fitness level you need to be at to successfully complete the Ride.

### Fitness/Cycling Levels

#### Beginner

- ∞ You ride occasionally and may not be fit to ride cross-country.
- ∞ Your rides are usually 5-10 miles and generally flat routes.
- ∞ You don't consider bicycling a passion, but you're up for challenging yourself and helping make an eternal difference.
- ∞ You have yet to ride a century (100 miles in one day).

#### Intermediate

- ∞ You cycle regularly (every week).
- ∞ Your rides are generally 20-50 miles with challenging terrain.
- ∞ You own a bike that is suitable for cross-country riding.
- ∞ You ride two to three centuries a year.
- ∞ You are an avid cyclist.

#### Advanced

- ∞ You spend most of your spare time cycling.
- ∞ You regularly do multiple-day cycling events or tours.
- ∞ You cycle on a competitive level.
- ∞ You regularly do rides of 50 to 100 miles.

Whatever fitness/cycling level you are currently at, you need to start training and planning for the Ride now!

### Training plan

Whether you registered ten months or four months before the Sea to See Ride you need to break down the time you have remaining to train for the Ride, and develop a workable training plan. It is important to be flexible, realizing that there are many other

important aspects to life (family, time with God, etc.), and we don't want you to neglect them while you prepare for the Ride. But you do need to incorporate training for the Sea to See ride into your life. If you don't already belong to a health or fitness club, this might be a good time to get started.

### If You Are a Beginner

Be reasonable. Be realistic and set achievable goals. If you over-train or train too hard, you risk injury. Take it slowly at first, but you do need to prepare for eventually riding 60-80 miles per day on the Ride. There will be 100 plus mile days as well as 50 mile days. You need to be ready for all types of mileage, weather conditions and terrain.

### Getting Started

Some tips for getting started:

- ∞ Month 1: Ride with a partner who is equal in ability to you or a little more advanced.
- ∞ Month 2 and 3: Begin riding 20-30 mile rides 1-2 times a week weather permitting.
- ∞ Month 4: Start incorporating weekly hill rides, climbing 5-10 minutes per session. Additionally, you should incorporate two rides of 50 or more miles for the month.
- ∞ Month 5: You should be riding 75-100 miles per week with two days of climbing 10 plus minutes per session
- ∞ Month 6: Try and start the month with a 75-100 mile ride.
- ∞ Months 7 and on: Peak training of 200-250 miles per week, then tapering one week prior to Sea to See Ride.

Workouts should always include a warm-up and cool down period.

### Weight training

Weight training is something that you can add to your workouts during the cold season, but saddle time should be your first priority. Try not to do your weight workouts and cycling back to back. Give yourself some recovery time.

You should progress slowly in your weight training as in your cycling. Pushing yourself too hard can lead to injury.

### Sample Training Schedule and Mileage Chart

#### MONTH 1

SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL MILES
5	5	OFF	10	OFF	5	5	30
OFF	5	5	5	OFF	5	10	30
OFF	5	5	OFF	10	OFF	15	35
10	OFF	10	OFF	5	OFF	10	35

#### MONTH 2

SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL MILES
7	5	OFF	10	OFF	8	10	40
10	OFF	5	7	OFF	10	8	40
OFF	5	10	OFF	5	OFF	25	45
OFF	OFF	5	OFF	10	OFF	30	45

### MONTH 3

SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL MILES
10	OFF	20	5	OFF	10	5	50
30	OFF	OFF	10	OFF	OFF	10	50
OFF	10	OFF	5	10	OFF	35	60
25	OFF	5	10	5	OFF	15	60

### MONTH 4

SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL MILES
OFF	5	10	OFF	10	OFF	40	65
15	OFF	10	OFF	20	OFF	20	65
OFF	10	OFF	OFF	10	OFF	50	70
OFF	15	OFF	15	OFF	20	20	70

### MONTH 5

SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL MILES
OFF	OFF	10	OFF	10	OFF	60	80
15	OFF	20	OFF	10	OFF	40	85
15	OFF	OFF	10	OFF	OFF	60	85
20	OFF	OFF	15	OFF	OFF	50	85

### MONTH 6

SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL MILES
OFF	OFF	10	OFF	10	OFF	70	90
20	OFF	OFF	10	OFF	OFF	60	90
20	OFF	10	20	10	OFF	40	100
20	OFF	OFF	10	OFF	OFF	70	100

Finding Time and Staying Motivated—For many riders, finding the time to train and staying motivated is just as challenging as the training itself. You have many obligations and commitments, but you now also have an obligation to your donors and those who are supporting you on this ride. Your training time cannot be squeezed in, you must prioritize it as you would your other obligations. Mornings can be a great time to train, before other things begin to fill up your day. Plus, it wakes you up and gives you more energy for the rest of the day! Your mental attitude is as important as your body. Keep focusing on the reason for the ride. Find a partner or group to help keep you motivated. Ultimately, the more time you spend on your bike, the better prepared you will be. Take every opportunity to ride outside in different weather conditions and terrain.

## **Training for the Elements**

### **Wind**

Wind can be your best friend and worst enemy. You are likely to get both head winds and tail-winds on the Sea to See Ride. The best way to handle wind is to prepare for it mentally. You want to be long and narrow riding into the wind and tall and wide when the wind is at your back. When you do encounter strong head-winds, stay positive and ride an easier gear at a higher cadence to keep you moving steadily through the wind.

### **Heat**

Even if you come from a hot region of the world and are properly hydrated, heat can be difficult to manage. Staying properly hydrated is critical. Taking in fluids during cycling reduces body temperature, dehydration and cardiovascular strain while increasing performance. (More on hydration later).

### **Rain/Cold**

Rain or wet weather is often accompanied by cooler temperatures. If conditions are wet, allow extra time for slowing, braking and stopping. Be alert for standing water as there may be hidden hazards in the water. You will want to maintain your core body temperature by dressing accordingly. Multiple layers of a moisture-wicking material with a wind/water-proof or resistant shell is recommended. Remember it is still important to drink. Our bodies are still working hard when temperatures are cooler.

## **Hydration**

### **Importance of Hydration**

Dehydration is a danger during cycling, because the breeze is cooling off your body, making it easy to ignore your need for fluids. Fifty percent of your blood is fluid, namely water, and dehydration affects your body's ability to transport nutrients, affecting your overall performance and fatigue level. As part of your hydration, it is also essential to take in electrolytes. Electrolytes enable your muscles and organ systems to function properly. The easiest way to consume electrolytes is through energy drinks. Here are some tips to help you recognize dehydration in yourself and others and help you avoid it:

- ∞ Dark urine is a sign of dehydration. If you are properly hydrated, your urine should be almost colorless. You need to drink water continuously during exercise to avoid dehydration.
- ∞ If you are thirsty, you are already dehydrated. As a rule, in normal weather conditions you should drink about one 28-32 oz. bottle of water per hour. If the temperature is hot or the humidity is high, you need more water, 1-2 bottles per hour.

### **Extreme Energy Depletion**

Extreme energy depletion results when you have completely depleted the glycogen (the energy) stores in your muscles. Essentially, your body runs out of fuel. When this happens, you will experience disorientation, headaches, and loss of body and bike control. Extreme energy depletion is avoidable through proper hydration and electrolyte restoration (such as sports drinks). You should plan food intake before you feel hungry, and drink every 10-15 minutes. Again, if the temperature or humidity is high, you should increase your intake of fluids and calories.

### **Injuries and how to prevent them**

Cyclists often suffer injuries to their wrists, knees, hips, ankles, elbows, and shoulders, usually diagnosed as tendonitis (creaking feeling and pain to a tendon), arthritis, carpal tunnel syndrome, sciatica, cyclist palsy (numbness to the little and ring finger), or patella chondromalasia (knee pain behind the knee-camp). There are ways to prevent these types of injuries:

- ∞ **Stretch everything.** Consult a doctor, personal trainer or physical therapist for more information, best types of stretches and proper technique. Make sure to schedule in rest days. Rest days help your body recover and avoid injury. Progress slowly. Your body needs to get used to activities. Putting too much stress on it suddenly will cause injury.
- ∞ **Eat properly.** Eating a well-balance diet is essential. Increasing your caloric intake as you train is important. Proper eating habits lessen your likelihood of fatigue and injury.
- ∞ **Bike-fit.** Bike-fit is vitally important to your physical and mental well-being. A bike properly fitted will prevent common injuries. Have your bike professionally sized and fitted at a reputable bike shop to be sure your ankles, knees, hips, shoulders and back are aligned properly. After your bike has been properly fitted, mark your seatpost height, saddle fore and aft, and your stem position permanently to avoid movement that might occur in transporting your bike to Washington or along the route.