

TAURANGA ROAD CYCLING CLUB AUGUST 2010 NEWSLETTER

WINTER BLUES

It won't be long until this month is over and we will be into Spring.

Even now, the mornings are lighter earlier and it is no longer as dark of an evening until around 6.00pm. If you are getting out in the mornings or evenings make sure you've got front and rear lights on.

The good news is that daylight savings starts on 25 September 2010. The first Tuesday night ride will be on 28 September with the first Thursday ride scheduled for 30 September.

INDOOR TRAINERS

I assume a number of Club Members are out in their garage utilising their indoor trainers.

Utilising a flyer prepared by Avanti Plus entitled "Winter Training Tips" which gives you reasons to train indoors, techniques to improve your indoor training sessions, and technique specific workouts. I have included a reproduction headed "Winter Training Tips" later in the newsletter.

TANDEM RACING IN THE WAIRARAPA

We have received a notice of a tandem tour described as a "Weekend of Tandem Omiem" in the Wairarapa 25-26 September 2010. A copy of the entry form/flyer is available for those with tandems to consider.

MOTU CHALLENGE MOUNTAIN BIKE RIDE

The club ride scheduled for 25 September 2010 is all go. A flyer detailing this ride is a separate attachment.

SATURDAY MORNING RIDES

Throughout the month of August the Saturday morning rides will continue at 7.30am from Koops Cycles. Forward of 4 September 2010 we will look to revise the start times and look at a split group.

SUNDAY MORNING RIDES

Good numbers are attending the Sunday morning ride which commences as usual at 7.25 am from Barkes Corner.

Please note that we will be conducting a bike skills group once a month on a Sunday. The first proposed bike skills Sunday will be 22 August 2010.

CLUB JERSEYS

As you will be aware there is a good selection of club jerseys including new race cut large jerseys available at Koops Cycles, corner of 17th Avenue and Cameron Road, Tauranga.

MEMBERSHIP

There are currently 196 Club members.

K2 AND LAKE TAUPO TRAINING FORUM

The Club are offering a training forum for cyclists ranging in ability from beginners to 5 hours 15 mins plus for Lake Taupo and beginners to 7 hours plus for K2.

The forum will cover nutrition, training tips, ride strategies and will have a question and answer session.

The forum is scheduled for 1.30 pm, Saturday 21 August 2010 and will be held at Urban Cafe, 801 Cameron Road, Tauranga (next to Koops Cycles).

No RSVP required – there is no cost for the forum – you will need to buy your own coffee.

SURVEY REQUEST

We received an email from Jonathon Hodgson asking members whether they would participate in a survey for carbohydrate sports drinks usage amongst athletes. We reproduced the email as follows and will leave it for members to participate if you wish.

Subject: Carbohydrate sports drinks usage amongst athletes - a survey
To: "taurangacyclingclub@gmail.com" <taurangacyclingclub@gmail.com>

To whom it may concern,

I am a third year sport and exercise science degree student at the Waikato Institute of Technology. For my research project I am conducting a survey of athletes regarding the use of carbohydrate sports drinks.

I need a large amount of participants and am wondering if you would be able to see if there is any interest amongst the members of your cycling club in completing the survey.

The survey is available online or in printed form, which I can post.

Here is the link to the online version if you wish to have a look:

<http://www.surveymonkey.com/s/CarbohydrateSportsDrinksUsage>

We estimate that the survey should only take 10-15 minutes to complete.

A copy of the results once finalised, will be made available.

Privacy is valued and all completed surveys will remain confidential.

If you have any queries please contact:

Researcher: Jonathon Hodgson

Phone: 0210534903

[Email:Jonhod97@students.wintec.ac.nz](mailto:Jonhod97@students.wintec.ac.nz)

Supervisor: Camila Nassif (Lecturer in Exercise Physiology – Wintec)

Phone: 07 848-8800 x8609

[Email:camila.nassif@wintec.ac.nz](mailto:camila.nassif@wintec.ac.nz)

Thank you for your time.

Jonathon Hodgson

WINTER TRAINING TIPS

5 Reasons to Train Indoors

Unless you're completely hard core and relish cycling in all weathers you'll need a cycle trainer if you want to stay at a good level of fitness over winter. Here's 5 good reasons why:

1. **You'll avoid darkness and bad weather:** Enough said really. Safer, warmer and you can choose to train whenever you want to.
2. **You'll save time:** With a planned programme you can get to maximum training programme in 60 mins and because you're not spending anytime freewheeling it's like 90 mins to 2 hours on the road (or trail).
3. **It's more intense:** Because you can control your environment you minimise distractions you get on the road or the trail. This means you can concentrate on optimising your effort and heart rate for the session without worrying about cars, potholes, or other road hazards.
4. **You can improve your pedal stroke:** Doing one leg drills will highlight weak points in your pedalling technique and allow you to focus on and build a smooth and complete pedal cycle.
5. **You can improve recovery:** At the end of a challenging ride consider jumping on the trainer and doing 20 minutes of gentle spinning at 55% max heart rate. This is superior to massage to clear lactic acid from the muscle and reduces post training stiffness and soreness.

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7 Techniques to Improve Your Indoor Training Sessions

Getting bored with the idea of indoor training sessions already? Then try these 7 techniques to improve your next workout:

1. **Get some structure in your workouts:** Have a planned programme and stick with it. Also make sure you have a variety of training programmes over time so you're not repeating the same old structure each time.
2. **Watch your heart rate:** A heart rate monitor gives you immediate feedback on your efforts and is a great tool to give you something other than the clock to think about.
3. **Get your mates involved:** Have a friend or two bring their trainers to your place or, if there's one available, get a group of mates together and meet at a local gym equipped with multiple machines.
4. **Keep your mind stimulated:** You can only stare at the wall or the clock for so long. Get a heart rate monitor, listen to your favourite music, read if you're taking it easy or watch a movie or Tour stage.
5. **Keep cool:** Get a fan to keep the air moving. The movement of the air is distracting (just like real wind) and keeps you cool and comfortable at the same time. Or try riding in an unheated garage, where it is cooler than a house but not as cold as in the elements.
6. **Stay hydrated:** You'll sweat a lot more on a stationary bike in a warm room than you will out in the elements so it's easy to get dehydrated. Make sure you have a full water bottle handy.
7. **Get quality gear:** Good quality mag rollers and other moving parts are essential to a good indoor trainer as is solid stability. Stability of the trainer is key if you plan on sprinting out of the saddle for a little variety during the session. Make sure you get a reputable brand from a reputable bike shop and a type of trainer that suits your purpose.

Technique Specific Workouts

If you want to emerge in October/November in cracking shape then check out these indoor training tips for success and technique specific workouts:

Tips for successful training:

General conditioning:

- Find a resistance-and-gear combination that gets your heart rate into your training zone.
- Once you've warmed up, raise your cadence to 90 to 100 rpm, maintaining your heart rate at no more than 85 percent of your maximum.

Climbing strength/ big gears:

- Put the bike into a low gear or increase to a resistance that forces you to drop your cadence to about 75 rpm.
- Maintain this cadence for a few minutes and repeat several times during a training session.
- Place a 100mm block under the front wheel to simulate riding up a hill.
- Vary the ride by occasionally getting out of the saddle and pedalling at 50 to 60 rpm.
- Gradually build up to 10 minutes while riding out of the saddle.

Speed work/ anaerobic capacity:

- Intervals on a trainer are just the answer. You can structure interval programs similar to those you use on the road. The key is to remember to not overwork.

Technique specific workouts

Ensure you warm-up for 5 to 10 mins before your main session (below) starts:

Intervals

- Start with a 10-minute hard effort followed by 2 minutes of easy spinning for recovery.
- The next interval should be 8 minutes hard, 2 minutes easy.
- Each hard interval decreases by 2 minutes but increases slightly in intensity with the easy 2-minute interval remaining the same.
- The workout ends when you reach 2 minutes hard and 2 minutes easy.

Speed intervals

- To develop speed, include sprint intervals
- 10 to 12 all-out, 15-second pedalling sprints, alternating with 45 seconds of easy rolling.

Power intervals

- To develop power, try three to six repetitions of three minutes at 90 rpm in a big gear, with three minutes of low-gear spinning between efforts.

Progression drills

- Ride progressively harder gears. Start in a relatively low gear and ride for one to two minutes (keeping the same cadence anywhere from 80 to 110 but the same for the whole workout), then shift to the next-higher gear for one to two minutes, and to the next, and so on.
- When you're finished with the highest gear you plan to ride, ride progressively back down the gears.
- Riding up four to five gears is enough for a good workout.

Heart Rate Zone workout

- A good workout when you want to do an endurance ride at a specific heart rate zone.
- For example, if you want to work out between 75 and 80 percent of your maximum for a good aerobic workout:
- Warm up for about 5 minutes, starting with low to moderate gears, and gradually raise your revolutions per minute or gearing until your heart rate is 75 percent of your maximum.
- For the next 30 minutes, keep your heart rate within the 75 to 80 percent target zone. The challenge of this workout is to keep your heart rate consistent. If it rises above or falls below this zone, decrease or increase your effort.
- Cool down for 5 to 10 minutes until your heart rate is below 110.

Please refer to the website www.taurangacyclingclub.co.nz for the Ride Calendar.