

C-Sig Training Series

Amelia's Tips on Training and Diet

Over the past few weeks, we have spoken of various training approaches, foods to eat, and techniques for getting ready for a ride, and I'm sure it all goes out of your minds at the sight of the next big hill. So, here's a partial recap of things we discussed.

A good book on the basics: *Smart Exercise*, by Covert Bailey. This book covers how the body works, how to exercise to improve your health, and how the fat will disappear in the process. He demystifies the max heart rate issue, aerobic vs. anaerobic, carbo-loading, etc. and gives down-to-earth guidelines for developing your own approach to exercise.

Below is a training routine my husband developed after reading lots of articles and books on the subject. I do it on the stationary bikes at the gym.

Keep your cadence at 90-100 rpm the entire time. Adjust the resistance to increase your heart rate to the three levels.

Start with a 10 minute warm up, heart rate no greater than 65% of your maximum heart rate. Then do: 2.5 minutes at 65% max heart rate (for me that's 110), 2.5 minutes at 70% max heart rate (120), 2.5 minutes at 75% max heart rate (130).

Repeat the set 3 times (starting again at 65%, then 70%, then 75%).

Finish with a 10 minute cool down. Stretch those warmed up muscles!

You can be in and out in an hour, and it feels really energizing.

I make sure I eat whole grain carbs as part of every meal from Thursday night through Saturday to insure my muscles are ready. I eat a big bowl of Oatmeal for breakfast on Saturday. I make sure I drink plenty of water on Fridays, too, as well as during the ride. This is getting more important as the weather warms up.

I fill my water bottles with water mixed with "Gu2o" an electrolyte/mineral/sugar product. Accelerade is another common one on the market (it has dairy ingredients).

After the ride, (as I'm cooling down before my shower) I drink a protein beverage. Spirulien has many delicious flavors and mixes easily with dairy or soy milk. Michael Allison advised us to drink ½, then wait 15-20 minutes, then finish the other half. Your body needs the protein/carb mixture to rebuild and will accept it best in liquid form in small amounts. The products are available at bike shops or health food stores. The 15 minutes can be used to stretch and appreciate what you accomplished!

Don't forget to drink water after the ride and the next day. A rule of thumb: if your weight at the end of a ride is less than before you rode, it's not a sign of fat loss, it's a sign of water loss. Make up the weight in water consumption. True weight loss from exercise will show up in time and will show up as a change in the way your clothes fit, before it shows up in pounds.

Good training!
Amelia Kennedy

