

Top 10 Training Tips for your First Pan Mass Challenge

Written by Wellness Works, Inc
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1. **Increase your cycling mileage during the next 3 months** -- Build up your long rides every weekend by 10%. If your longest ride to date is 50 miles the next long ride should be 55 miles and 60 the week after. You can also measure in time riding. The average rider takes approximately 7 – 8 hours to do a century ride and is averaging 15 mph. If your longest riding time has been approximately three and half hours, your next long ride should be four and half hours. You should make sure you have at least ridden a 90 -100 mile ride three weeks before riding the PMC. If you are doing the two day ride from Sturbridge to Bourne on to Provincetown.

Taper from your last long ride - Make sure you give your body two weeks to taper (cut down on mileage) prior to the PMC, August 7-8th..

2. **Remember F.I.T. Frequency, Intensity and Time (duration)** for how to train and how long. Recommend - Cycling 1 hour to one hour and half 2 – 3 x/ week or cross train with running, roller blading, or something that raises your heart rate similar to cycling.

Intensity - Utilize a **heart rate monitor** in your training. Find out your target heart rate range by the formula below. Rhr = Resting heart rate.

The Karvonen Method $(220 - \text{age} - \text{rhr} \times (.65 - .85) + \text{rhr}) = \text{Target heart rate range}$

Rate of Perceived Exertion – is a self test on a scale of 1 – 10 to determine how you feel

3. **Learn the important rider lingo and definitions** – good to know when riding with groups.

Cadence = revolutions per minute = 80 – 90 rpms on the flats make sure you learn how to use your gears to achieve this without “muscling through” your rides

Spinning = using a very low gear to keep your rpm’s at a high rate, you should be aerobic and feeling like you are not working hard

Drafting = this is when you are in a paceline and are utilizing the rider in front of you to cut the wind so it helps make your riding a little easier. Usually you are very close to the other riders back wheel.

Pace line = a group of riders take turns having someone lead and pull the group. The rider in front is working the hardest, each rider ‘pulls’ for about 1 minute to 1 ½ minutes , then the rider in front drops all the back to the last rider and the second one now leads the pack. This is a great way to ride faster and not fatigue as much. You will often hear someone say “get close to my wheel”. This is something to practice in training rides with people you feel comfortable riding with. Good communication is very important for all riders. Make sure everyone you are riding with knows this is what you will be doing.

4. **Develop a Strength Training Program** – upper and mid back muscles especially latissimus dorsi, triceps and shoulders. As well as the power house leg muscles, the quadriceps and hamstrings. You can put together an effective free weight training program without going to a gym. It should not any longer then 30 minutes. Talk to a trainer at your gym or call Wellness Works 617-965-6585.
5. **Stretch before and after your ride** – stretch the hamstring and quadriceps, lower back before and after ride and also during the ride. You can do this on your bike. Upper and mid back get very tight as well as triceps.

6. **Train with proper fueling and hydration.** Drink electrolytes in your liquids and or eat salty foods and water. Do not change what you have been training with the weekend of the PMC. Avoid ‘hyponatremia’ where you overhydrate your body and don’t have enough sodium and potassium. See article on www.wellnessworksinc.com, “resources page” on how to avoid Hyponatremia.
7. **Train with other people your speed and just a little faster.** Find a group that works for you and you feel comfortable training with. Learn more about training when you ride with others. It is a great way to help push you to ride faster as well an incredibly motivating and supportive.
 - Charles River Wheelmen – www.crw.org -- since 1970
 - Boston Triathlon Team – <http://triteam.tripod.com/> since 1987
 - Wheelworks Triathlon Team - <http://www.wheelworks.com/multisport/> since 2002
 - Team Envision – (All women’s tri team) <http://www.teamenvision.com/default.asp> since 2001
8. **Open your date book up and schedule in your long rides**
 - a. Beginner-Intermediate Cycling Clinic and Ride with Wellness Works – Saturday, June 19, 2004
 - b. Climb to the Clouds, a popular CRW century ride – July 18, 2004
 - c. CRW weekly training rides - Thursday night rides, Wednesday night rides, and Friday night social rides – weekly training rides
9. **Pace yourself** – You will be riding with a lot of longtime experienced PMC riders the weekend of PMC. Remember to pace yourself and do your own ride. Do not get caught up in the other riders energy and speed. It is a long ride to do the first day and you are different from everyone else. Try not to get caught up in the hype. Many people have gotten hurt by trying to push their bodies at another riders speed. Trust yourself and your body and do your own ride. If you have trained properly you will do great!
10. **Have fun and be safe while training** – The PMC is a great ride and for a great cause but you need to think of your safety and other riders safety first . Be smart and careful while riding.

Top ten tips brought to you by Karen Ghiron, Owner of Wellness Works Inc
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