

Cycle Smart this Winter

We can hardly complain about our winters here on the Gold Coast but it is all relative! I know that I certainly find it that little bit more difficult to get out from under the snugly doona on a chilly, dark morning! However, winter is upon us so here are some tips on how to keep enthused, warm and fit!

Winter Inspiration

Training Camp – Have a look at what is available around your area or even in a warmer climate. Perfect for motivation, fun and maintaining/building fitness.

Group rides/training partner – meeting someone provides accountability & motivation for each other. It's also safer to ride with other people in low light conditions.

Goals – Set realistic goals to drive you through the tough times.

Bike Fit – Definitely worth investing in a proper bike fit. A small change can create a huge difference in efficiency, being comfortable, better bike handling, improved aerodynamics.

Do something different – Always do what you've always done, and you'll always get

what you've always got. So, try mountain biking, spin classes or a track bike on the velodrome.

Get a Coach – Winter is the ideal time to get yourself a coach who will support, guide and plan your training for you, work on weaknesses, make changes and try new ideas.

Just get out the door and enjoy! It's never as bad as it seems once you get going!



Winter Smarts

Warm up and cool downs – Important to stick to the general warm up guidelines in cooler weather.

Base-layer clothing – Always wear a good undershirt, it is the key to keeping warm. Made from fabrics that are designed to wick moisture away from your skin.

Dress to your training plan. Essentials are a vest to keep the cool wind off your chest, booties to keep your feet warm, long-fingered gloves, arm and leg warmers to cover your skin. A windstopper jacket can be handy for your warm-up and cool-down, & can be easily taken off for the workout.

Experiment to find a combination of clothing that works well for you. Do not overdress. It might be comfortable at the beginning, but you will sweat. Wet Clothes = Cold Body. Generally, if you feel slightly cool at start, you have dressed perfectly for the conditions.

Coffee Shop stop – Ensure you keep toasty during the coffee shop stop. This is the danger time, when colds can brew!

Hydration – A big challenge training in the cold is to avoiding dehydration. Keep sipping!

Bike lights – Ensure you have a bright front and rear light. Reflective strips on your clothing can also help to be visible.

Take a break – Depending on your goals, you could consider taking a break from training! A 2-3 week rest from structured sessions will allow your mind and body to wind down and recover. Burn out is a risk with training all year round.

This winter just get out the door, get on your bike and enjoy the ride!

It's never as bad as it seems once you get going!

Winter Workouts

Windtrainer – helps with consistency of training and you will never miss your strength session no matter what the weather! Can be boring but very time efficient and super beneficial to hone in on particular aspects.

Rollers – Perfect to work on pedalling technique, bike handling, cadence and rewire bad habits/techniques.

Weight training – Depending on your goals, winter may be a great time to build specific cycling strength in the gym. Ensure you get advice around your strength training from an expert with technique and cycling specific exercises for maximum gains and translation onto the bike. Strengthen abdominal muscles to improve your efficiency, technique, control and stability on the bike as well as reducing chance of injuries through the season.

Training program – Make the best use of your time by following a training program designed for you. Train consistently and you will see greater improvements than if you train like an animal one weekend out of three.

Work on your weaknesses – Winter can be an ideal time to work on your weaknesses and improve technique.

Remember the more efficient you are the faster you will be and less likely to get injuries.

SARA CARRIGAN CRT

SARA'S RIDE



"One of my favourite winter rides is cruising the esplanade along our beautiful coastline. There is nothing like the splendor of dawn – watching the sunrise creep over the horizon and across the beach and feeling the warmth of the sun's rays splashing across our faces and lighting up our world. I Just wouldn't wanna be anywhere else."



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