

TRAINING TIPS

Over the course of the 2-day ride, you will cover some hilly terrain. Unless you are an experienced cyclist, it's likely that Paradise Ride Kaua'i is going to be a physical challenge, no matter how fit you are.

The best way to prepare yourself for this fun and challenging ride is to log time on your bike. And if you haven't started training -- today is the day to begin. Spinning classes at your gym, training rides with other participants, or riding to work are great ways to get going. It's important to put the time and effort into training to ensure that your Paradise Ride Kaua'i experience is fun and injury-free.

It's a good idea for everyone to get checked out by their doctor before embarking on a serious training program to address any current or potential physical problems, and to make sure you're ready to start riding.

Training Tips from Some of our Experienced Cyclists:

- **Take it slowly.** If you're not in tip-top shape, it's important to build up your ability over time -- don't go out and ride all day if you're not used to riding long distances. You'll only invite injury and exhaustion.
- **Be consistent.** Even if you're starting with very short rides, it's important to do them on a regular basis, several days a week. If you can't get out to ride, try indoor spinning classes, a great simulation of cycling.
- **Rest.** Don't overdo it. Giving your body sufficient time to rest is as important as building strength and endurance.
- **Vary your rides.** You'll be better off if you've trained to tackle both distance and hills. Alternate between shorter rides with more hill climbing and longer rides on flatter terrain, and some that combine both hills and distance.
- **Pace.** The good news is, it does not matter! Go at your own pace and don't worry about anyone else's speed.
- **Cross Train.** Anything that works on building your strength and or aerobic endurance is going to help. Run, walk, swim, take an aerobics class, lift weights, do yoga.
- **Do your time on the bike.** Cross training is great, but don't short-change yourself on time in the saddle. You have some long days ahead of you, and it's important to get used to sitting on your bike seat for hours at a time.
- **Eat.** Everyone is different, but you'll probably find that you'll need to take in a lot more calories during long rides. Stop and snack frequently while riding to make sure that your body gets a consistent supply of fuel. And don't forget to eat before you ride. Many say, "what you eat now will be what your body utilizes within 1.5 - 2 hours." Food is just as important as liquids to your body, even when the weather gets hot, so don't neglect this important element of your training.

Good snacks include Sports Bars, pretzels, bagels, fruit (fresh and dried), nuts, and trail mix. Items that are complex carbohydrates will provide for a sustained energy source. Some people will graze all day long while they ride to keep a consistent intake of calories and carbohydrates. Experiment, talk to your fellow riders to see what will work the best for you.

- **Drink.** Water, sports drink, water, sports drink, water, sports drink, and more water. Even if you don't feel like you're sweating, you're always losing fluids while riding, and if you don't replace them you risk dehydration, which can lead to very serious problems. It is important to alternate servings of water with servings of electrolyte replacement drinks during strenuous exercise. Again, experiment with which electrolyte replacement drink works best for you. Some people prefer the drinks watered down from full strength, some like mixing the powdered versions with water.

If you are not urinating much while you ride, you are not taking in enough liquids. And remember, drink not for what you need immediately but what your body needs in reserve. You might consider purchasing a "Camelback" or similar hydration system, which allows you to drink without having to reach down for your water bottle, making it more likely that you'll drink more often. Your water bottles can then be filled for your reserve supply.

- **Warm up.** Let your muscles and the rest of your body get warmed up as you start your ride. This could be easy spinning on your bike, walking, etc.
- **Stretch.** Before, during, and after each ride. If you keep your muscles warmed-up and flexible, you're much less likely to feel sore the next day.
- **Proper Equipment.** Get your bike properly fitted. This can be done at any good bike shop. Improper bike fit is one of the leading causes of injury among cyclists, and it's an easy thing to fix. You may also want to invest in proper cycling gear such as; padded shorts, cycling shoes and jerseys that wick away perspiration. It's not essential, but can help to make your ride more comfortable.
- **Hang in there.** It's likely that you'll get distracted, tired or frustrated. You'll probably experience all three, maybe all at the same time. It will pass - *really*. Remember, at some point this happens to everyone. Just re-commit to your training program by reminding yourself why you're doing this.

For more information about the Paradise Ride Kaua'i, please call Malama Pono at (808) 246-9577
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