



PART 1

With the holidays behind us it's a great time to set goals and begin a fresh page. But before we move forward, let's take an inventory of our past and recent history; what have you been doing for the fall, what did you do last summer, where are your strengths and weakness'.

Looking back we need to let 2015 go and find a phase of rest to begin our preparation for the upcoming year - we begin 'general training' i.e. your heart and lungs don't know the difference between Hockey, XC Ski and the Gym, but your legs need a rest from the repeated circles that they have been doing. Note that cycling is generally non-weight bearing and athletes do need to do some weight bearing exercises to compliment the whole picture.

As we move past the holidays, rested and generally fit we must consider our local geography and weather conditions with an eye to the future – what will set us up best using our natural surroundings to prepare. If you have snow, then consider touring, xc skiing and or snowshoeing. If you have milder conditions perhaps hiking, running, swimming, yoga and of course the trusty gym. Note on gym work – it's best to dedicate a minimum of three months to the gym going three times a week with a focus on the strength or view it as a supplementary core and movement addition. However you decide to make the gym fit your schedule and program.

So either you are using the gym as a strength phase or you are building your aerobic capacity with copious amounts of low to mid volume exercise. This is the focus of 'general' preparation – rounding out the in-balances of a cycling summer and getting the body ready for a future load of repetitive yet necessary cycling base miles.

Technical info: 48 hours is generally required between bigger efforts, while low volume activities can be repeated back to back with a focus on endurance. Think about the amount of muscle breakdown – what you should eat for recovery and then consider the required rest.

Example, don't do Mon, Wed, Fri leg weights then go Downhill Skiing on Sat and Sun, there isn't enough recovery. If that's the plan, skip Friday weights, do something else and consider the fatigue when getting back to the gym for the following Monday.