

BIKE

trek *women*  TRIATHLON SERIES

an Xterra Mile LLC property

BIKE

BIKE SKILLS and BIKE TRAINING

Getting strong and fit on a bike requires more than just experience and time in the saddle. Your first focus should be on bike safety and your personal confidence. Gain both by developing three key components: cycling technique, road safety and proper bike fit.

Learning to ride a bike correctly includes the skills required to mount, dismount, brake, corner, pedal, climb, descend, shift, balance with control and ride with a group. Riding safely is critical, so learn to start, stop and signal, bicycling etiquette and rules of the road. Equally important is safety equipment (helmet fit) and dressing appropriately. Proper bike fit is a necessity: get an expert to fit the bike to you, not you to the bike.

As in swimming, the cardio endurance component for cycling fits the LIFT equation (see Swimming Flash Card). Begin with 100-200 HZT Points per week in training load and increase until you can ride powerfully and confidently at the highest heart rates reasonable for the 12-mile race distance.

CYCLE TIPS

- Riding in the race requires experience riding in a group. Learn to pass another rider correctly.
- Learn how to hold a straight line when you ride and not weave.
- Bike drills can improve your cycling ability. Practice cadence, speed and other drills to become a better cyclist.
- Indoor cycling is a great way to improve your cardio fitness, but you need to ride the roads to become a competent triathlete.
- Fall in love with your bike saddle; if it isn't comfortable, try a bike adjustment first.

ESSENTIAL BIKE GEAR

Bike with bike frame number
 Helmet with helmet number
 affixed to front
 Water bottles (Filled)

Shoes or cleats
 Bike tools in saddle bag
 Frame pump

Optional

Cycling gloves
 Warm clothes
 Bike computer/monitor

Fanny pack
 Transition food

T2 (bike-to-run, or 2nd, transition)

Water/drinks

Energy food

SAMPLE WORKOUTS

Recovery Bike

Training Time*	Description	Zones	Duration (min)	Distance (mi)
10% Warm-up	Easy ride	Z1	5	1-2
10% Skill Set	Cadence Drill: 100 rpms*	Z2	5	1-2
70% Main Set	Ride comfortably holding heart rate steady	Midpoint Z2	15-30	3-6 miles
10% Cool Down	Easy ride	Z1	5	1-2
		Summary:	30-45 min	6-12 miles

* RPM means cadence or revolutions per minute

Brick: The 6 Mile by 1.5 Mile (1/2 the Distance)

Training Time*	Description	Zones	Duration (min)	Distance (mi)
10% Warm-up	Easy ride	Z1	5	1-2
80% Main Set	Ride 6 miles at 75-80% maximum heart rate. Transition to run. Run 1.5 miles at maximum sustainable heart rate.	Top of Z3	Bike: 20-35 min Run: 12-20 min	Bike: 6 Run: 1.5
10% Cool Down	Easy walk and cool down	Z1	5	.5
		Summary:	42-65 min	9-10 miles

* Percentage of total training time that you should spend in each of the 4 parts of each workout: Warm-up, Skill Set, Main Set, Cool Down