PLANNING YOUR TRAINING

A sound training program is essential for success in our sport. When stepping up your training routine in preparation for a race you may wish to know when you have reached your maximum conditioning. You can find this out by logging your resting pulse for a month. After that time you should reach a low point. Once this occurs you are most likely at your peak physical conditioning.

It is also important to practice maximizing your momentum. As you approach a hill, maximize your speed as you approach the bottom of the grade. Doing this you will notice your speed cutting off more slowly.

The team coaches are always on hand to help you with your individual training program. Don’t hesitate to ask for advice.

REMEMBER:

The Club Professional is available to help you with your training program