

Wealth of Resources: Compilation of Articles, off-season training

By Rob Lockey, CSCS

For many cyclists the fall season is a kind of 'loss' as to what to do for the next cycling season. Over the years OES has written articles that address this time in a cyclist's training cycle and this article will bring them together in a step by step order. Follow the direction of the below article excerpts to get the process started for you. Links will take you to the full read on our website. Enjoy and please don't hesitate to contact OES with questions or deeper explanations to what you have read.

Step 1: Fall is a great time for cyclists to transition to other aspects of training

Transitions: A Time for Recovery

Transition is a topic usually left for the few minutes at the end of a long discussion about periodization. By definition the word means passage from one condition to another. For an athlete the shift from training to racing can be one transition and another can be racing to training. As the seasons come and go, whether talking about actual spring to summer, mountain bike to cyclocross or build phase to peak phase, a transition is involved. From a training standpoint...[[read full article](#)]

Step 2: dial in your caloric needs

Resting Metabolic Rate (RMR): The power of data capture

With fall upon us and the long days of summer waning, the amount of time to train will change for most of us. This means less time on the bike with possible indoor activities that may not use the same amount of energy. A reduction in energy expenditure per day can happen due to the weather dictating more of our mode of exercise. So, have you thought about the change your eating needs to go through as well? [[read full article](#)]

Step 3: get a record of your food

Start a Food Journal and Watch Your Endurance Grow

Our society is wrought with symbols of it to the point of worship. It is our sustenance, nourishment, fuel, energy, calories along with countless other words to describe it. Food. Call it whatever you want, but the revolution of production in the food industry has created a bounty like no other in history. With such an abundance of choice and ideas on how and when to consume it, many of us have lost a sense of what the basic purpose of it is: to provide health and energy...[[read full article](#)]

Step 4: fall, a great time to add strength training to the cycling routine

What's strength have to do with it?

So, what does strength have to do with it? Well, everything when it comes to health. When performed properly and in periodized fashion, strength training can enhance all facets of daily life. These include daily active living and exercise.

Daily active living includes a multitude of body movements like: getting in and out of bed, bathing, reaching for the cereal box on the top shelf, walking up and down stairs, and carrying groceries into the house from the car. Basically everything we do as mobile humans involves the use of muscles, joints, tendons, ligaments and bones. Without some measure of strength we would be hard pressed to complete even the easiest of daily tasks. With our world of reduced physical labor...[[read full article](#)]

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