

Katy's Korner



Training for an endurance bike or running event

With Galesville Apple Affair bike tour in the air, do you start to wonder if you have what it takes to train for an endurance event in biking or running? If you are someone who exercises only a couple times per week (and even if you don't), training for an endurance event may be more attainable than you think! First ask yourself these questions:

- Mind: *Do I have what it takes to go out there and train every day for this event?*
- Body: *Am I physically capable of the training necessary to train for this event?*
- Soul: *Can I handle the sacrifices that have to be made to complete the journey?*

One of the simplest concepts in training for endurance sports, such as running or cycling, is that it's important to build a solid base of fitness before progressing to the next level of training. There are many web resources for endurance training both for biking and running that can help get you started.

Four simple steps to beginning endurance training:

1. **Add interval training:** Builds your muscular power and increase your muscle stamina and lung capacity. One simple way to start interval training is to add a hill workout once per week. You can run or bike on hills, rest on the way down and repeat the interval. Each week you should plan your interval to be a little longer and faster, but with the same amount of rest between repeats. Add 1 to 2 minutes of climbing each week.
2. **Add sports-specific skill training:** During base fitness and endurance training you may not have been working on specific sports skills and drills. Sports skills training requires isolating specific movements and practicing them over and over until they become easier. Examples include practicing riding in a pack for cyclists, balance training or plyometric drills for runners, or practicing transitions for triathletes. The number of sport-specific drills is endless, but if you use these drills to target your weaknesses you may improve your performance.
3. **Add mental skills training:** The mind is as much of a part of excelling in a sport as the body. Many elite athletes rely on sports psychology techniques, skills and tools to get a mental advantage over the competition and learn how to improve their focus. But even for the regular part-time endurance athlete, strengthening your mental skills will help you focus on your goal, stay motivated and avoid road blocks.
4. **Maintain endurance training:** It's important to continue your endurance training 1 to 2 times per week, but you should also plan to increase your endurance training pace. Increase your pace by increasing your cadence (revolutions per minute) on the bike and increase your foot speed during a run.

How can overuse injury be prevented?

The most common injuries with new endurance athletes are overuse injuries. You can decrease your risk of injury by following these recommendations:

- Do not increase running mileage by more than 10% per week.
- Do not run more than 45 miles per week. There is little evidence that running more than 45 miles per week improves your performance, but a great deal of evidence shows that running more than 45 miles per week increases your risk for an overuse injury.
- Do not run on slanted or uneven surfaces. The best running surface is soft, flat terrain.
- Do not "run through pain." Pain is a sign that should not be ignored, because it indicates that something is wrong.
- If you do have pain when you run, place ice on the area and rest for 2 or 3 days. If the pain continues for 1 week, see your doctor.
- Follow hard training or running days with easy days.
- Change your running shoes every 500 miles. After this distance shoes lose their ability to absorb the shock of running.

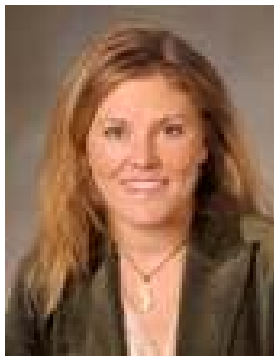
What exercises help prevent or treat injuries?

Before and after a run, perform specific stretching exercises. These exercises may also be part of your recovery from an injury. Do not bounce with each exercise. Stretch until you feel tension but not pain. If you do develop an injury, your health provider may suggest particular strengthening exercises. Every day you should do 3 sets of each exercise, with 10 repetitions in each set. Add weights as the exercises become easier for you. These exercises may also be done as part of your overall exercise program.

What can I do to avoid injury?

Here are some more tips for avoiding injury while riding a bike:

- Wear sports sunglasses can stop dust and bugs from getting into your eyes.
- Wearing bright, reflective clothing when you ride can make it easier for drivers to see you.
- Use padded gloves to protect your hands.
- Wear padded shorts and use a comfortable seat to reduce buttock pain.
- Avoid riding at night.
- Always stay alert and look out for anything in your way.



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