

# United Energy Around the Bay - 7th October.

## HALFWAY ACCOUNTABILITY CHECK IN

*We are halfway through the VIP coaching support program.*

*It's time to review and make adjustments to get you to where you want to be.*

### **Week 1 - Goals**

At the start you would have made even a mental commitment of what you wanted to achieve by doing this event.

It would be a great time NOW to write down 'the goal' with 3 dot points that you want to achieve. 7 weeks down the track it is a lot clearer as to what this may look like now.

For example:

**Goal: Ride 210 km at 25 kmph average and finish with my bunch that I start out with.**

- **Ride smoothly and conservatively and not get caught up in any fast groups**
- **Eat every 20 minutes and drink every 10 minutes**
- **Stop to refill and refuel for no longer than 5 minutes each time**

### **Week 2 - Training**

Life changes, from time to time we have to factor in other things.

Maybe you got sick over winter, maybe you moved house, or stopped training at 6:30am on a Saturday morning. Whatever the case, it is always a better idea to work on your bike fitness with a consistent approach. By riding a manageable amount each week and doing it every week, you can pinpoint potential injuries or bike set up issues or practice your nutrition and hydration each time to get it right for the day of the event.

Simple really, this is why its called training. If you are a crammer from way back, you may still achieve your goal, but you could have done so much better with a little bit each week rather than 400 km in the week before for example.

Right now, it is time to get out and do what you said you were going to do.

Small achievable goals to tick off week by week, and in this final countdown, you can still make a difference.

Whilst on your training rides you get to find out some very valuable information:

- Lessons for nutrition, what works what doesn't
- Bike set up, any changes that need to be made due to soreness
- How your equipment runs and how it works
- Use of your bike pump, changing a flat, using your tools etc...
- Emotional resilience, to keep going even on rides that don't feel great

*So if you aren't riding 100 km a week by now, then it would be wise to start this week.*

### **Week 3 - Mental Preparation**

If you have mapped out your goals. Started your Training Plan. Adhered (mostly!) to your plan, done the rides, suffered a little then you will have started to add not only to your bank of fitness but also the repertoire of emotional resilience and mental preparedness.

The more training opportunities you have availed yourself the more of these experiences you will have had.

But what to do when you have had a bad ride? Or you got 3 punctures and called it quits? You learn that you can continue and that hard times are just lessons.

Or you maybe you persevered on a crappy day in the rain and a few hours later the sun came out and you saw the best rainbow and this made you realise that sometimes you just have to tough it out?

On indoor sessions when you are doing a tough interval, do you visualise? Do you imagine how good it will feel when you are riding and you can hone in on a 5 min climb effort and settle into a comfortable tempo because you have already lived it?

It's time to start dreaming big, to visualise your journey on the day, to employ positive mantras and processes to allow you to reach your potential, not just on the event, but every single week. Forever.

## **Week 4 - Strength & Core work**

This is no more simpler than including 10 minutes of strength and core work three times a week.

Are you doing it? Do you have 30 minutes spare over a week?

Remember why this is important.

Creating a strong and balanced body that can support your repeated cycling and static hold on the bike for an all day affair. The little things you do now will have a big impact on the event day.

They will also help you train better and be more in tune with where your power is coming from and might just make you look and feel a bit better too!

You have nothing to lose.

Remember that mantra - Something is better than nothing.

If you sit in front of the TV every night then there is your home gym, no excuses.

Get the kids involved, they will love it.

- 5 exercises (see sheets supplied on week 4) for 10 mins
- 3 times a week
- Get them done in front of TV or straight after a bike ride or when you first wake up
- This is a 1% 'er than many won't do ever, it will make you a better rider.

***Do Today what others want so you can do tomorrow what others can't.***

## **Week 5 - Ramping up your Training**

Now is the time to include at least 2 long rides in the next 6 weeks, if not 3.

If you are doing the 250km event, I would recommend building to a 200km ride just to prove to yourself you can do this, then what's another 50km on top?

If you are doing the 210km event, then a good goal distance would be to build to 160km and so on.

You do not have to ride the distance of your key event to achieve it.

By ramping up your training, you can include more duration and distance, but you only have an infinite amount of free time until then. So keep up the core work, Add in some intensity, build in less recovery in your intervals and see if you can complete some shorter rides with a higher average speed than you are used to.

But right now the most important elements to build confidence in your ability to get the ride done are:

- Build in long rides and increase over the coming weeks
- Aim for 2 - 3 longer rides before the event
- Practice mindset, nutrition, equipment and fitness on every ride
- Be consistent
- Less time planning more time doing. Stop procrastinating and get something done.
- Increase intensity on shorter rides, speed, intervals, recovery phases etc...

## **Week 6 - Turning Performance into Processes**

As you can see, achieving your goal relies on you following a process. Dream up your Goals. Develop a Plan. Prepare and Train your Mind and Body. Strengthen your body. Review and Adjust.

If you have done the work thus far it is easy to see how you can create your set of Goal Related Processes.

For training and for the event. For example:

- Pre Ride/Pre event processes - a series of checklists that you tick mentally or physically
- Equipment processes - always having a clean bike and chain and a quick check over tyres every ride
- Nutrition & Hydration processes - Eating & Drinking often, small and varied to suit your digestive system and tastes and to fuel your body.
- Riding processes - As you are pedaling your bike what do you think and do to keep you focused, safe, smooth, consistent, conserving energy and moving forward to reach your goal. Create a systems check and mantras to keep you in the game.
- Create and employ 1%'ers into all these processes and to your daily training regime - breaking it down into small achievable chunks

***There are no shortcuts to success, just consistency and a bit of application. It's not that hard!***