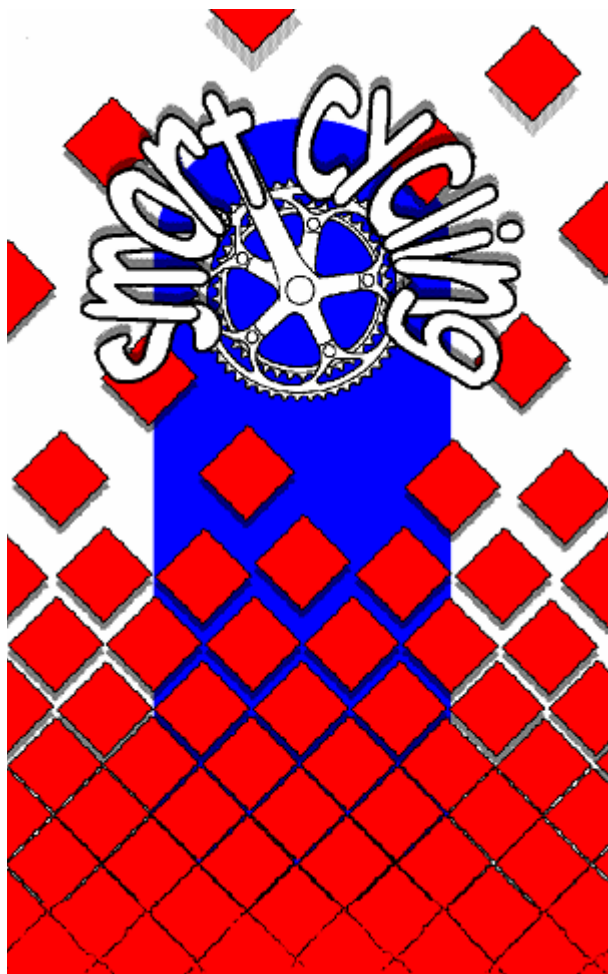


Basic Bike Racing Preparation 2 Year Log



by
Stephen Thordarson
Level 1 Coach
USA Cycling, Inc.

Why bother to keep a 2 Year/5 Race Tracking Log?

The purpose of this log is to aid the athlete in their development over a two year period of racing. Using the race preparation information for the same races over a two year period gives the athlete a better understanding of their body's ability to respond to the methods and planning of their individual training plan. Tracking performance over a period of time gives the coach and athlete useful data about the current status of the athlete. It also allows for a certain level of prediction for mapping out future performances. If an athlete hopes to reach their highest potential, they must not only pay careful attention to their current training habit, but adapt to modifications as they take place in the future.

Consistency in an athlete's training and race preparation is essential to success. Racing in any aspect of cycling is always unpredictable. Weather, terrain, equipment problems and a host of other situations can arise to spoil an athlete's plans. Therefore it is important that the athlete develop a pre-race routine that is predictable and is under the athlete's control in as many ways as is humanly possible. Some tips that can help with achieving this include:

- Always do a structured warm-up that can be repeated and if possible, on a stationary trainer of some kind. This eliminates the possibilities of getting lost, flattening a tire without help, crashing, being late for the start or countless other problems that can come from riding on the road. There are many benefits that come from having all the team members and coaches in the same place at the same time before a race. Having a form of control over some aspects of a race increase an athlete's confidence.
- Pre-registering for a race relieves a lot of pressure about getting to a race on time and having adequate time to prepare.
- Getting and keeping accurate information about the race course and operation can improve an athlete's chances and those of teammates.
- Travel to a race with all the equipment that could possibly be needed to deal with the conditions that may arise.
- Keep good records of what was done before, during and after each race. If there is not enough room for remarks on each page, additional pages are available at the back of this book.

A key factor in keeping this log and getting the most from it, is choosing five important races that will most likely be repeated the following year. A good example would be;

- an early season time trial
- a two day stage race
- the District Championships on the road, track or off road
- the National Championships on the road, track or off road
- a major National Calendar race.

The best results will come from choosing five races that are spaced far enough apart on the calendar to allow the athlete to recover properly before the next important race and then making these five races the focus of the entire season. The importance of the chosen races should not be placed on the results, but rather the preparations before the race and efforts put into the race. If the athlete gives the best they can in each race, then every race is a victory.

Be sure to make five sets of the tracking forms; one set for each race you will be making comparisons of.

There are many ideas to improve your cycling ability on a daily basis. Here are some suggestions to get you started. Add to the list as you think of new ones and review the list often. Everyone can get stale doing the same things all the time.

Considerations before you get on the bike

Get sufficient rest to ensure getting the most from your time on the bike.
Make sure you are feeling healthy and have no injuries that should be healed before riding.
Eat and drink sufficiently to ensure your energy levels are up to the efforts you will be doing.
Carefully check all the equipment on your bike to make sure it is working correctly and you have the correct tire pressure.
If you are going on a long ride, have a tire pump and the correct tools with you.
Dress for the weather.
Clean your water bottles and take as much liquid as your bike can carry.
Always take something to eat.
Take a few minutes to clear your mind of anything that does not pertain to riding your bike.
Warm up and stretch completely before beginning your bike activities.
If you have a structured workout for your training, be sure to read the instructions carefully and have a full understanding of what it is you are about to do and why.
Have at least one bike skill goal you want to work on during your ride.
If you are riding outside, note a place on your route that will provide you with a challenge.
Visualize what you want to have happen during the competitions you will be participating in.

While you are on the bike

When riding outside have at least three ride goals, an adequate route and a definite destination.
When riding inside have at least three goals, a fan and a form of motivation, like music or video.
If you watch race videos, try it without the sound see what you learn from watching the riders.
If you use music, try using music that actually has a tempo that relates to how you are pedaling.
Try making tapes or CDs that follow a pattern in tempo and duration. Concentrate on the fact that you are an athlete and when you are on the bike you should be thinking only of what happens when you are performing at your best.
Ride your bike as if you were in a race: mind focused, body poised, eyes and ears wide open.
Never do anything without a clear reason.
Watch yourself when you ride outside as you pass a storefront, check your reflection.
Watch yourself when you ride indoors, use a mirror and watch your position and frontal area.
Occasionally ride indoors wearing your helmet and sunglasses to practice your game face.
When you are riding or racing in a group, watch the faces and body language of the competition. If there are a number of riders you must face regularly, become an expert in how they behave.
When you are riding or racing in a group, make a conscious effort to be unreadable in your facial expressions and body language.
If you are riding with others, remember the goals of your daily training and do not allow the will of the pack to control your planned training.
Try spending your time in a group ride doing no work and stay away from the front of the pack.

Before you get off the bike

Whenever you ride your bike, try to identify the things you do well and the things that need improvement. Make it a goal to address one weakness every day, even if only for a few minutes.

When you are off the bike

Try to think about your goals and mentally review what you are doing to achieve those goals.

Here are a few other things to remember about racing and training.

Know the race

No matter what kind of event you will be participating in, you must be familiar with the demands of that event. Make every effort to learn as much about the event as possible in terms of, physical, mental, emotional and equipment requirements. If you are going to take the time and spend the money to participate, make sure you put in the time to prepare correctly.

Know the competition

Observe everyone and everything that happens when you are on your bike and off it. Know what other riders do when they race and know what they do to prepare to race. Learn their strengths and weaknesses and the events in which they can be a factor. Become familiar with their body language when they are feeling strong and when they are cracking. Make every effort to hide these characteristics in yourself. Don't be intimidated by anyone and don't underestimate anyone.

Know the bike

No matter how technologically advanced your bike may be, as an athlete you will only be as effective as your ability to properly use your bike. Make every effort to learn as much about the use and maintenance of your bike as possible. Know what accessories to use and when. Know how to determine when equipment will not make a difference in performance. Remember that it is the person first and the bike second. Eddy Merckx on a cheap bike is still Eddy Merckx.

Know yourself

Never quit trying no matter what happens. If you are competing, give it your absolute best effort. Leave no doubt when you are finished that nothing else could have been done to improve or change the result. Then accept the results and use them to improve your next competition.

Listen to your body. When you train, train your best. When you recover, recover completely. If you attempt to train and find you cannot reach the desired level of intensity, stop your effort and just ride the bike as a recovery ride. Forcing yourself through a training session, just for the purpose of completing the session is counterproductive. If you are suffering from overtraining, don't train. If you have a fever, don't train. If you are taking antibiotics, don't train. If you are recovering from injury and your physician suggests staying off the bike, don't train. If your heart is just not in it today, ignore your heart and go ride.

Most important of all, do all these things to achieve your own level of success. Not every rider is destined to be a champion. Enjoy yourself and recognize that you must be happy with the results you get. Race for yourself, not against others. Know your limitations and don't judge yourself by them.

Before the race questions:

What is the weather like?
What is the weather expected to be like by the end?
How long is the race?
Is there a time factor added to this race, such as 45 minutes plus 3 laps?
Have you done this race before?
Did you have teammates then?
What are their abilities in this race?
What are their jobs during this race?
What are your plans for this race?
What are their plans for this race?
Have your teammates done this race before?
Did any of them race with you the last time?
How was your performance?
How was their performance?
What is the layout of the course?
Has the layout of the race changed since the last time?
What is the layout of the finish line?
Does the road get narrower at the finish line?
Are there barricades in places?
Are there any other hazards?
What is the road surface like?
What are the weather conditions around the course?
Is your bike geared properly for the course?
What conditions/locations that can restrict the riders?
How often will you pass those locations in the race?
Is there a feed zone on the course?
How many people are working in the feed zone?
Are there any other distractions on the course?
If it is a velodrome, how steep is the banking?
How wide is the track?
How long is the track?
Are there any surface irregularities?
Is there any debris on the track?
Is your bike geared properly for the event?

During the race Questions:

Is the field still together?
Is there a real break?
How big is the field?
How big is the break?
How far have you gone so far?
How much farther do you have to go?
How are you feeling at this stage of the race?
What are the other riders doing?
Are the riders eating or drinking?
Are any of the riders tired from previous action?

Are the riders recovered from a previous action?
Are the riders paying attention to you?
Who is not watching?
Who is in the field with you?
How many teammates or rivals are left with you?
Do they perceive you as a threat?
If it is a points race, who is leading on points?
Is anyone up or down a lap?
Do they slow or speed up at the same place each lap?

Attack questions:

What are your abilities to attack?
What are the other's abilities to respond to your attack?
Where is the best location on the course to attack?
Has anyone attacked and how successful were they?
How long must you work to successfully escape?
Do you have the energy to make a successful attack?
If someone goes with you, will you have enough energy left to beat them?
How close is the finish line?
What is the terrain like ahead?
Is attacking into the wind a valid option?
Should you attack alone or with others?
Who should you take with you?
How good are those riders in a pace line or echelon?
Will they work well together?
Have you worked with any of them before?
Do you have teammates in the field to block?
Will the attacking riders in the field be too strong to overcome later?
Have your teammates worked with the other riders before?
How strong is the head wind?
How strong is the tail wind?
Is attacking with the wind a valid option?
Can you recover enough to continue with the group if caught?
What is the current speed of the field?
How close is the field?
How wide is the road and how tight is the turn in?
What is the pavement like in the area of the turn?
How are your turning skills on this course at speed?
Has anyone successfully attacked here before?
How close is the finish line?

Name _____

Date _____

Annual Goals

1. _____
2. _____
3. _____

Tasks needed to reach those goals

Physical Conditioning for each goal

1. _____
2. _____
3. _____

Racing Skills for each goal

1. _____
2. _____
3. _____

Racing Knowledge for each goal

1. _____
2. _____
3. _____

Racing Psychology for each goal

1. _____
2. _____
3. _____

Racing Risks for each goal

1. _____
2. _____
3. _____

Name _____

Date _____

Annual Goals

- 1. _____
- 2. _____
- 3. _____

Tasks needed to reach those goals

Physical Conditioning for each goal

- 1. _____
- 2. _____
- 3. _____

Racing Skills for each goal

- 1. _____
- 2. _____
- 3. _____

Racing Knowledge for each goal

- 1. _____
- 2. _____
- 3. _____

Racing Psychology for each goal

- 1. _____
- 2. _____
- 3. _____

Racing Risks for each goal

- 1. _____
- 2. _____
- 3. _____

Smart Cycling Team

Pre-Race Checklist

Two days before your race have the following items packed in your equipment bag:

- | | | | | |
|--|--|---|---|-----------------------------------|
| <input type="checkbox"/> Your Racing License | <input type="checkbox"/> Jersey/Skinsuit | <input type="checkbox"/> Shorts | <input type="checkbox"/> T-Shirt | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Tights | <input type="checkbox"/> Arm Warmers | <input type="checkbox"/> Warm Up Jacket | <input type="checkbox"/> Shoe Covers | <input type="checkbox"/> Raincoat |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Towel | <input type="checkbox"/> Water Bottles | <input type="checkbox"/> Race Food | <input type="checkbox"/> Walkman |
| <input type="checkbox"/> Training Log | <input type="checkbox"/> Race Flyer | <input type="checkbox"/> Entry Fee | <input type="checkbox"/> Directions/Map | <input type="checkbox"/> Rulebook |

After packing your equipment bag, do the following with your bike:

- Check the brakes completely and road test to insure everything is working properly.
- Check the front and rear derailleurs, shifters, cables and road test any adjustments with all wheels to be used.
- Check the tires for cuts, bald spots, tears, bulges, debris stuck to surface and tire pressure.
- Check all wheels to be used - cogs, skewers, spokes, rims and axles. Road test any adjustments.
- Check all spare equipment to be used for race worthiness.
- Put a spare tube, tire pump, patch kit, and tire irons with the extra wheels.

The day before your race, after the required training, pack the following items in your equipment bag:

- | | | | | |
|---------------------------------|-------------------------------------|--|--|--|
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Cycling Shoes | <input type="checkbox"/> Heartrate Monitor | <input type="checkbox"/> Tools & Parts |
|---------------------------------|-------------------------------------|--|--|--|

Pack your car:

- | | | | | |
|----------------------------------|--|---------------------------------------|---|---|
| <input type="checkbox"/> Bicycle | <input type="checkbox"/> Equipment Bag | <input type="checkbox"/> Spare Wheels | <input type="checkbox"/> Stationary Trainer | <input type="checkbox"/> Waterbottles/Water |
|----------------------------------|--|---------------------------------------|---|---|
- Make sure your car is fueled and ready to go.
 - If you are staying at a hotel, be sure to check in as early as possible and then drive over the course.
 - Fill two waterbottles with a sports drink and place them in the refrigerator or cooler.
 - Write down your three pre-race goals.
 - Review the details of the race - course, distance, time, teammates, opponents and weather predictions.
 - Go to bed early enough to get a good night of sleep.
 - Dream of performing at your very best.

The day of your race:

- Get up early enough to eat properly.
- Take the waterbottles out of the refrigerator and put them in your car along with your race goals.
- Leave early enough to arrive 2 hours before the start of your race.
- If you are not pre-registered, register, get your race number and check the roster to determine who is in your race.
- If there is no neutral support, locate the wheel pit or support vehicle and drop off your spare wheels.
- Pin your number onto your jersey or skinsuit and re-examine the race course.
- Locate your coach and teammates and park as close to them as possible.
- Prepare your bike and set it up on your trainer by your teammates.
- Change into your race clothes and stretch completely, while drinking your sports drink.
- Do a complete warm-up that ends as close to the start time of your race as possible.
- Review your pre race goals and then go to the start with a relaxed mind and prepared body.
- Race to the best of your ability for that day and **accept the results**, whatever they may be.
- Cool down properly, stretch completely and change out of your race clothes.
- Go to where ever the race results are posted and record your performance. Have your coach handle any problems.
- Begin eating and drinking within 45 minutes of the end of your race.
- Review your pre race goals and record how successful you were in each. Go and relax.

Revised 4/19/2000

Teammates I will be racing with today _____

1. Engine Check: How am I feeling physically today? _____

2. Driver Check: How am I feeling mentally today? _____

3. Race Check: What is the race like today? _____

4. Plan Check: What is the strategy for today? _____

5. Fuel Check: Have I eaten and drank properly for today? _____

6. Attitude Check: Is my outlook that of a competitor? _____

7. Course Check: Have I properly inspected the course? _____

8. Equipment Check: Have I properly prepared my bike? _____

9. Weather Check: Am I prepared for the weather? _____

10. Competition Check: Do I know the people I am to race? _____

11. Race Job Check: Do I know my duties in this race? _____

Teammates I will be racing with today _____

1. Engine Check: How am I feeling physically today? _____

2. Driver Check: How am I feeling mentally today? _____

3. Race Check: What is the race like today? _____

4. Plan Check: What is the strategy for today? _____

5. Fuel Check: Have I eaten and drank properly for today? _____

6. Attitude Check: Is my outlook that of a competitor? _____

7. Course Check: Have I properly inspected the course? _____

8. Equipment Check: Have I properly prepared my bike? _____

9. Weather Check: Am I prepared for the weather? _____

10. Competition Check: Do I know the people I am to race? _____

11. Race Job Check: Do I know my duties in this race? _____

Name of Race _____

Location _____

Category _____

Distance _____

Number of Teammates _____

Number of Competitors _____

Have you done this race before? _____

If so, When? _____

What category did you race then? _____

What was the distance? _____

Was the race course the same then? _____

What were the race weather conditions then? _____

Did you have any teammates? _____

How many did you have? _____

How did you place? _____

How big was the field at the start? _____

How big was it at the finish? _____

What three goals have you set for yourself in this race?

- 1. _____
- 2. _____
- 3. _____

How confident are you that you can reach these goals? (Use a % for each)

- 1. _____%
- 2. _____%
- 3. _____%

Do your three goals fit into your team's plans in this race? _____

Post Race Review

How did you do reaching your three goals you had set for yourself in this race?

- 1. _____
- 2. _____
- 3. _____

What three things did you learn in this race that will help improve your next race?

- 1. _____
- 2. _____
- 3. _____

Name of Race _____ Location _____

Category _____ Distance _____

Number of Teammates _____ Number of Competitors _____

Have you done this race before? _____ If so, When? _____

What category did you race then? _____ What was the distance? _____

Was the race course the same then? _____

What were the race weather conditions then? _____

Did you have any teammates? _____ How many did you have? _____

How did you place? _____

How big was the field at the start? _____ How big was it at the finish? _____

What three goals have you set for yourself in this race?

1. _____

2. _____

3. _____

How confident are you that you can reach these goals? (Use a % for each)

1. _____% 2. _____% 3. _____%

Do your three goals fit into your team's plans in this race? _____

Post Race Review

How did you do reaching your three goals you had set for yourself in this race?

1. _____

2. _____

3. _____

What three things did you learn in this race that will help improve your next race?

1. _____

2. _____

3. _____

| | | |
|-------------|------------------------------|-------------------------|
| | PRE-RACE STATE | |
| | <u>Mental Energy Level</u> | |
| Low | Medium | High |
| | <u>Physical Energy Level</u> | |
| Low | Medium | High |
| | <u>Nervousness</u> | |
| Low | Medium | High |
| | <u>Pre-Race Focus</u> | |
| Focused | | Distracted |
| | <u>Pre-Race Warm-up</u> | |
| Minimal | Medium | Maximal |
| On the road | | On a stationary Trainer |

I was thinking about: _____

| | | |
|---------|------------------------------|-----------|
| | RACE SITUATION | |
| | <u>Level of Focus</u> | |
| Focused | | Unfocused |
| | <u>Mental Energy Level</u> | |
| Low | Medium | High |
| | <u>Physical Energy Level</u> | |
| Low | Medium | High |
| | <u>Nervousness</u> | |
| Low | Medium | High |
| | <u>Aggressiveness</u> | |
| Low | Medium | High |
| | <u>Confidence</u> | |
| Low | Medium | High |
| | <u>Risk Taking</u> | |
| Low | Medium | High |

| | | |
|---------|----------------------------|---------|
| | POST-RACE STATE | |
| | <u>Satisfaction</u> | |
| Low | Medium | High |
| | <u>Post-Race Cool down</u> | |
| Minimal | Medium | Maximal |

REVIEW OF PRE-RACE GOALS

1. _____
2. _____
3. _____

| | | |
|-------------|------------------------------|-------------------------|
| | PRE-RACE STATE | |
| | <u>Mental Energy Level</u> | |
| Low | Medium | High |
| | <u>Physical Energy Level</u> | |
| Low | Medium | High |
| | <u>Nervousness</u> | |
| Low | Medium | High |
| | <u>Pre-Race Focus</u> | |
| Focused | | Distracted |
| | <u>Pre-Race Warm-up</u> | |
| Minimal | Medium | Maximal |
| On the road | | On a stationary Trainer |

I was thinking about: _____

| | | |
|---------|------------------------------|-----------|
| | RACE SITUATION | |
| | <u>Level of Focus</u> | |
| Focused | | Unfocused |
| | <u>Mental Energy Level</u> | |
| Low | Medium | High |
| | <u>Physical Energy Level</u> | |
| Low | Medium | High |
| | <u>Nervousness</u> | |
| Low | Medium | High |
| | <u>Aggressiveness</u> | |
| Low | Medium | High |
| | <u>Confidence</u> | |
| Low | Medium | High |
| | <u>Risk Taking</u> | |
| Low | Medium | High |
| | POST-RACE STATE | |
| | <u>Satisfaction</u> | |
| Low | Medium | High |
| | <u>Post-Race Cool down</u> | |
| Minimal | Medium | Maximal |

REVIEW OF PRE-RACE GOALS

1. _____
2. _____
3. _____

AM Information -

Wake Up Time: _____ Waking Heartrate: _____ bpm
Weight: _____ lbs. Temperature: _____ deg Health: _____
Amount of Sleep: _____ hrs. Quality of Sleep – 1 to 10: _____

Pre-Race Warm-Up Information

Outdoors or Indoors: _____ Time in Minutes: _____ Distance: _____
Number of Efforts: _____ Maximum Power: _____ Heartrate Zone: _____
RPE - 1 to 10: _____ Stretch - Before: _____ Stretch - After: _____
Warm-Up Goals: _____

Watt Meter Output Information

Duration of Event: _____ min. Work in Kilojoules: _____
Training Stress Score: _____ Normalized Power: _____ watts
Recorded Distance: _____ mi. Time of Event: _____ AM/PM
Maximum Power: _____ watts Average Power: _____ watts
Maximum Cadence: _____ rpm Average Cadence: _____ rpm
Maximum Speed: _____ mph Average Speed: _____ mph
Maximum Heartrate: _____ bpm Average Heartrate: _____ bpm

Race Information

Weather: _____
Type of Race: _____ Race Distance: _____ Total Race Time: _____
Field Size at Start: _____ Field Size At Finish: _____ Placing: _____

AM Information -

Wake Up Time: _____ Waking Heartrate: _____ bpm
Weight: _____ lbs. Temperature: _____ deg Health: _____
Amount of Sleep: _____ hrs. Quality of Sleep – 1 to 10: _____

Pre-Race Warm-Up Information

Outdoors or Indoors: _____ Time in Minutes: _____ Distance: _____
Number of Efforts: _____ Maximum Power: _____ Heartrate Zone: _____
RPE - 1 to 10: _____ Stretch - Before: _____ Stretch - After: _____
Warm-Up Goals: _____

Watt Meter Output Information

Duration of Event: _____ min. Work in Kilojoules: _____
Training Stress Score: _____ Normalized Power: _____ watts
Recorded Distance: _____ mi. Time of Event: _____ AM/PM
Maximum Power: _____ watts Average Power: _____ watts
Maximum Cadence: _____ rpm Average Cadence: _____ rpm
Maximum Speed: _____ mph Average Speed: _____ mph
Maximum Heartrate: _____ bpm Average Heartrate: _____ bpm

Race Information

Weather: _____
Type of Race: _____ Race Distance: _____ Total Race Time: _____
Field Size at Start: _____ Field Size At Finish: _____ Placing: _____