



Girls Got Skills™ 2006

Coaching – Not just for Lance!

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Coaching isn't just for elite athletes or teams. In my five years as a cycling coach, I've actually found that the recreational rider often benefits more from the structure of a coached training program than the competitive athlete does. Why is that? Because racers have structure and variation in what they do just by the nature of racing. They also have the resources of teammates and more experienced racers to guide them. However, recreational cyclists often ride the same way all the time, hoping to improve, but not utilizing the tools available to actually help them improve.

So, what does a cycling coach do? Gosh! Everyday is something different. Various coaches have different areas of expertise. Here are some of the services I provide.

Professional Bike Fit – Good bike fit is the cornerstone to a positive cycling experience. I've been fitting women (and men) for five years now, performing about 200 bike fits a year. That's about 1,000 bodies I've poked and prodded since becoming a coach. A typical bike fit with me will take 90 minutes or more. We talk (a lot), I ask about your riding history, injuries, illnesses, goals, and whatever else comes to mind. I watch you ride on a stationary trainer. I utilize a CompuTrainer to analyze your pedal stroke, look for inefficiencies and variances between left and right leg, and to measure your power output. If needed, I make adjustments and suggest other changes that will help you become more comfortable and efficient.

Physiological Testing – To train efficiently, you need to have benchmarks for performance and training zones to stress certain aspects of cycling. In layman's terms, riding at certain intensities will yield different results, so we need to determine what those intensities should be. We measure this in either heart rate (your body's response to training) or power (your body's output). A typical testing session takes about two hours and I'll give you training zones for both heart rate and power. In follow-up appointments, we can see how you've progressed by comparing our benchmarks from previous sessions.

Training Plan Development – There are lots of ways to train, but working with an individual coach is the most efficient. Together, we develop your goals (long-term and short-term), and considering your history, availability, and limitations, develop a training plan that will help you achieve them. A day-by-day training plan can include not only cycling, but other fitness activities that you participate in. I believe in a very holistic approach to training, so we incorporate strength and flexibility training and also focus on improving your nutrition and quality of life while providing tool to help you reduce stress. I review your training journal weekly and make revisions to your program and provide feedback. I chat with most of my clients frequently so we can adjust training to reflect changes in life.

On-the-Bike Training – One of my favorite services is spending time with clients on the bike in a one-on-one situation. Some folks want to work on a specific skill (such as climbing or descending). Some want to be evaluated and learn how to improve their technique or form. Some just want to participate in a coached ride from time to time. Riding with a coach can provide valuable feedback – that set of eyes that can really see you.

For more information about private or small group coaching, contact me at Lorri@velogirls.com

For information about other cycling coaches, visit <http://www.usacycling.org/coaches/search.php>