



El Tour de Tucson 2008

Beginner or First Timer

Guidelines to a *successful* first El
Tour de Tucson



Cardio & Strength Training

No substitute for time on the bike- get the miles!

1. 8-12 hrs per week with 2 long rides (3-4 hrs) and at least 4 rides per week total if possible
2. Moderate intensity, strength work, big gear work, hills, intervals
3. Learn anaerobic threshold (AT) and train by HR and/or power if possible
4. Total weekly hrs should contain: 60% heart rate zone 1&2, 20% zone 3, 15% zone 4, 5% zone 5 and above, the race is all about strength endurance
5. Group rides-At least one per week, hard pace, large group, pace skills and etiquette are critical



Nutrition on and off the bike

- **Prior to workouts-** Light meal, mostly carbohydrates: bagels, eggs, fruit, oatmeal, yogurt, fruit shake
- **During workouts-** Bars, gels, high carb foods, whatever works with your stomach, 200-300 cal/hr if possible
- **Immediately following workouts-** recovery drink/food, high carb & protein, 4 to 1 carb to protein ratio, within 20 min, try to replace burned calories
- **Throughout the day-** 60-70% carbs, 15% protein, 15-20% fat, clean foods, lean meats, pastas, rice, fruit, veggies
- **Race morning-** Similar to every other day! This is not the time to change anything, eat 2-3 hrs prior to start
- **During the race-** 200-300 cal/hour, familiar foods, gel flask is fast & easy, bars, bananas, sandwich, etc.
- **To lose weight-** Create a 500 cal/day deficit



Hydration

What and how much should you drink during the event?

- On average athletes lose 1 liter of fluid per hour and up to 3 in extreme heat/humidity
- A fluid loss of 3-5% body weight has a dramatic negative effect on performance
- You can weigh yourself before and after workouts to determine % loss and necessary rate of replacement
- Drink between 1-2 liters per hour in the race
- This should include electrolytes and a 6-8% carb solution
- Carry 3 bottles if possible and get hand-offs or stop at rest-stops to refill; if you know you're going to stop, start with only 2 bottles
- You should have to stop at least once to urinate during event



Pace

What intensity level should I try to maintain?

- El Tour is a moderate effort, heart rate zones 1-4 are common to shoot for, it is too long to go really hard except in select situations
- Learn about your pace on moderate to hard group rides & long endurance rides
- During El Tour ride *with* groups and not by yourself if possible
- Learn how to move, position, and draft in groups
- Learn to conserve energy whenever you can



Clothing

Tucson weather can be unpredictable. It can go from cold at the start and hot at the finish; or cold at the start, warm in the middle and cold again at the finish. Be prepared!

- Start with as little gear as you can tolerate to conserve space and weight
- Don't forget sunscreen!
- Take clothing you can put on and take off based on conditions
 - Arm and leg warmers that you can remove
 - Jacket, vest, skull cap, & ear warmers
 - Toe/foot warmers (plastic bags if wet weather)
 - Dress in layers to keep core warm
 - Rain jacket if necessary



Recovery

Adequate recovery during training is as important as training!

- Recovery time for 5 hrs aerobic riding is 12 hrs
- Recovery time for 20 min anaerobic is 36 hrs
- Replace burned calories daily
- Follow each workout with a recovery drink or food in a 4 to 1 carb to protein ratio (within 30 min when possible) then eat normal meal soon thereafter
- Adequate hydration not only during workouts but throughout the day in general
- Shoot for 8-9 hrs of restful sleep per night
- Be objective about fatigue and overtraining signs: do not ignore!



Course

- Start position-get there early and line up near front
- Start-be safe and plan on going hard for the first few miles
- River crossing-come into them near the front of your group, ride as far as you can, dismount, and run through the rest; flat resistant tires very helpful here
- Hills-pace yourself but if you're with a good group put in the effort and it will pay off
- Wind-this race is windy, always stay with a group if possible and become an expert at drafting and positioning
- Finish-Come into the last 2 miles near the front of your group to avoid crashes in the sprint, be aware
- Trouble Spots-Tons! Be heads-up all the time! Potholes, cops, cattle guards, motorists, river crossings, glass, heavy braking, inexperienced riders and poor skills in many cases



- Pyramid Coaching Intl., LLC
- ProActive Physical Therapy
- Center for Personal Performance
- International Academy of Orthopedic Medicine – US

For info: 520.603.4874

An alliance of four performance organizations dedicated to developing custom strength, conditioning, endurance and recovery training programs that result in lasting fitness and optimum athletic performance.