

Tour de Paradise Training Tips

Bike Maintenance

- The easiest thing to do is take your bike to a local bike shop and have them perform a basic tune-up. These normally run between \$40-\$65 (not including any replacement parts). If you would prefer to do your own bike maintenance, see the tips below.
- Tires
 - Are your tires dry and cracked? If so, they should be replaced
 - Inflate your tires to the recommended "PSI" (Pounds per Square Inch). The recommended PSI should be on the sidewall of your tire and say something like "Inflate to xxx PSI"
 - Do the tires stay inflated after a couple of hours? If not, it's time to replace the inner tube?
 - Are there any bulges in the tire? If so, replace both the tire and inner tube
- Brakes
 - Straddling the bike (but not moving), apply the front brake (brake lever on the left) and look to make sure the brake pads make solid contact against the rim. When you release the brake lever, make sure the pads are not touching the rim.
 - Do the same with the rear brake (brake lever on the right).
 - If, when pushing the brake levers, they end up against the handlebars and the brake pads are barely touching the rim or not touching the rim at all, the brakes need to be adjusted
 - Now, take the bike out for a spin (nice and slow on a flat road!) and gently apply both brakes. The bike should slow and stop. Release the brakes and start pedaling again. Make sure the brakes are not rubbing.
- Chain and Shifting
 - Is the chain lubed? When you pedal, does the chain squeak? If so, it's worth a few dollars to get a good chain lube. When applying the chain lube, apply liberally, work the chain forwards and backwards until the lube has had an opportunity to work its way in. Then, take a rag and wipe off the excess lube.
 - While riding on a smooth flat surface, work your way through all the rear cassette gears by using the shifters on the right side. Make sure the chain smoothly shifts from gear to gear, both up and down. Also, make sure the chain goes into all the gears.
 - Now, work your way through the front chain rings by using the shifter on the left side. Make sure the chain can get to the all the front rings (two or three).

Stretches

- Make sure to stretch for 10 to 15 minutes after every training ride or spin class. When stretching, focus on the following areas:
 - Hamstrings
 - Quads
 - Calves

Nutrition

- Eat a good breakfast; something high in carbohydrates. For example, a bagel with peanut butter. Also, it's a good idea to start hydrating with water.

What to bring with you during training rides and to the Tour de Paradise Valley

- Water, an extra inner tube, compressed air or an air pump, cell phone and ID
- Bring nutrition you can eat on the go. For example Gu, PowerBar and other electrolyte replacements

Training

8 Mile Ride

- Get on your bike and ride. Make sure you are comfortable. To train for this distance, you should be able to ride for 30 minutes. Most importantly, have fun!

30 Mile Ride – Start training in mid February

- Start with a 30 minute ride. The key is to get time in the saddle rather than rack up the miles
- Add 15 minutes to your ride each week
- Add an indoor spin class each week so you are getting two training sessions a week
- Your maximum training ride should be no more than 2 hours
- Taper off the week before the before the Tour so you don't burn-out or over train
- Once again, the key is to have fun!

62 Mile Ride - Start training in mid February

- Start with a 30 minute ride. The key is to get time in the saddle rather than rack up the miles
- Add 15 minutes to your ride each week for the first 4 weeks. After that, add 30 minutes to your ride for each additional week
- Add an indoor spin class each week
- Your training should include a minimum of 2 rides per week (spin classes count!). Ideally, you would get 3 training rides in per week.
- Your maximum training ride should be no more than 3.5 hours
- Taper off the week before the before the Tour so you don't burn-out or over train
- And, one last reminder: Have fun!

Training Tips courtesy of Foothills Revolution