

Heart-to-Heart



The Biggest Mistakes You're Making on Climbs

Get to the top faster—and fresher—with these smart strategies

You know that burning feeling you get 10 minutes into a hard climb? It shouldn't be there. It's your legs telling you that you're burning too many matches too early—and if you're not careful, you're going up in flames before you reach the top. Sure, you can go all Jens and tell them to "shut up," but honestly they're probably going to win that argument. And there's a better way. The biggest mistake cyclists make on climbs is going into the red too early, even if they don't mean to, because they feel fresh and their heart rate is still low. But when you amp up your intensity, it doesn't take long to generate far more lactate than you can clear and use. And once you've pushed past your threshold, it's very difficult to recover while you're still fighting the forces of gravity. So you slow to a crawl—not good. Here's how to make every climb faster and more fun.

Switch gears. Sounds obvious. Yet many riders roll onto a hill pushing a big gear because of that fleeting fresh feeling. When you mash a monster gear your legs need to call in the fast twitch fibers, which suck up energy far more quickly than the slow twitch endurance fibers, create tons of lactate, and fatigue relatively quickly. Find a gear you can spin at least 70 rpm and keep shifting to keep your cadence in that range.

Engage your core. You'll get to the top faster and stave off fatigue longer if you climb hills with more than just your legs. Bend your elbows, flatten your back, lower your torso, and pull through your core to put more power in your pedal stroke without bathing your legs in lactate.

Stay seated. Standing to stretch your legs and put down extra power when the pitch gets steep is good. But it also makes your heart rate rise and uses about 10 percent more energy, so use the standing position sparingly.

Switch positions. Keep your climbing muscles fresher by shifting positions in the saddle. When you feel the burn creeping into your quads, push back further on the saddle to recruit and leverage more force from your glutes.

Say something. You want to aim to climb right at threshold, which is your sustainable upper limit. That's about a 7 to 8 on a 1 to 10 scale. The best way to know you're there is opening your mouth and saying something. If you can speak in short phrases, but not long soliloquies, you're there. If you're gasping for air, you're going too hard. Save that for end.

The Board of Directors

Fred Yu (303) 264-7373 (2018)
President - president@heartcycle.org

Pat Van Deman (303) 885-1076 (2019)
Vice President - vp@heartcycle.org

John Penick (203) 232-8946 (2018)
Treasurer - treasurer@heartcycle.org

Joan Spilka (203) 232-8946 (2018)
Asst. Treasurer - ljspilka@hotmail.com

Joanne Speirs (303) 589-2877 (2019)
Secretary - secretary@heartcycle.org

Jim Bethell (518) 466-8490 (2018)
CPR/Driver Trng. Coord. - jim@bikes5.com

Richard Crocker (520) 539-8019 (2019)
Co-Tour Director - tourdiretor@heartcycle.org

Graham Hollis (720) 323-6479 (2019)
gramhollis@icloud.com

Bob Rowe (303) 910-7230 (2019)
Co-Tour Director - tourdiretor@heartcycle.org

Alan Scott (303) 329-6050 (2018)
ascott999@comcast.net

Working Members

Ron Barton (303) 798-2755
Registrar - registrar@heartcycle.org

Richard Loeffler 303-981-2963
Med. Equip. -
MedEquipMgr@heartcycle.org

Jeff Messerschmidt (303) 904-0573
Sag Supply Manager -
sagmgr@heartcycle.org

Bob Racier
Web Master - webmaster@heartcycle.org

Barry Siel (303) 470-8431
Newsletter Editor -
newseditor@heartcycle.org

Jay Wuchner - (720) 840-6467
Sag Vehicles - sag@heartcycle.org

Notes from the Board

The souvenir jackets for 2018 are tailored to a "sport" fit, and have a snugger fit than the 2012 jackets. The sport fit allowed us to have both men and women sizes. **The directors tried on sample sizes and most decided to go up one size from the 2012 unisex sized jackets. We recommend you should do so, too.** To change your size, login on the website and select "Enter additional information" and edit your jacket size, update then log off.

If you decide to change your size, please do so before February 15th: after that you will get what you have in our database!

Why not do it **NOW** since you are at your computer anyway?

Increase Your Mobility With These 5 Stretches for Cyclists

These moves from Bicycling's Maximum Overload training plan target your tight muscles from all that time spent in the saddle

Cyclists tend to have issues with mobility due to all the time spent in the same position doing a repetitive motion. Problem areas typically include the shoulders, back, hip flexors, and quads. If not addressed, your lack of flexibility could hold back your training. Tight quads, for example, can pull your kneecap out of alignment, which can lead to grinding knee pain.

You can prevent any immobility and weakness by improving your flexibility. Try incorporating these mobility moves into your training plan to start feeling stronger in the saddle. Remember to start off slow and build your flexibility over time to avoid muscle strain or injury.

The Essentials

- Do these mobility moves two to three times a week
- Push yourself until you feel a stretch and build up flexibility over time
- Stop if you feel a sharp pain

Bench Bar

- This exercise is great for people with limited shoulder mobility
- You'll need a bar or single dumbbell
- Kneel in front of a bench and place your arms on it with your elbows centered in the middle and your palms up
- Sit back on your heels and bring the bar or dumbbell overhead
- Then, lower the weight behind your neck
- Put the weight over your shoulders forcing your chest down
- Aim for 10 reps on each side and two to three sets (beginners: start with lower number; experienced gym buffs can go higher)

Foam Roller T-Spine

- If you constantly find yourself slouching and are looking to improve your posture, this one is for you
- This stretch is designed to help restore your back and shoulders by training you to retract your scapulas and open your chest

- Lie on your back with a foam roller underneath your spine supporting your head and butt
- Start by reaching your hands out over your head, then slowly bring them down toward the floor with your elbows bending in and your palms up
- Continue to raise and lower your arms to add to the stretch
- Aim for 10 reps and two to three sets

Classic kneeling hip flexor stretch

- This stretch targets the iliopsoas, one of the main hip flexors
- Kneel with one knee up and the other down on the floor behind you
- Keep both knees at a 90-degree angle
- Your hips and chest should be vertical and straight
- Squeeze your glutes and focus on driving your hip forward and pressing your rear knee into the ground
- Hold for 30 seconds, and then repeat on the other side

Foam roller hip flexor

- This move can be done using a foam roller, medicine ball, or lacrosse ball
- Lie facedown across your roller with it underneath your hip
- Drive the roller into the crease of your hip as you roll back and forth over any tight, tender areas to maximize your flexibility
- Roll each side for about 30 seconds, repeating as needed

Side lying quad stretch

- There are many ways to stretch your quads but this method is safe and relaxed
- Lie on your side with your bottom arm outstretched and your head resting on top
- Reach back with your other hand to grab your top foot and pull it toward your butt until you feel a stretch
- Hold for 30 seconds, then repeat on the other side

5 Workout Mistakes That Are Sabotaging Your Muscle Gains

Here, five workout mistakes that are holding you back from serious muscle growth—and some simple ways to get right back on track.

WORKOUT MISTAKE #1: You're always training in the same repetition range

If you train too heavy all the time, it can have a negative impact on your joints and other soft tissue structures. This can lead to injury and overtraining, both of which, decrease your ability to build muscle.

Having some lighter load training—say, in the 15 to 20 rep range—helps to alleviate this and increase recovery. Both of which, of course, have a positive effect on muscle growth. Emerging research shows that lighter loads produce very similar increases in muscle mass compared to heavier loads.

There is some evidence that light loads target type I (slow-twitch) muscle fibers and that heavier loads target type II (fast-twitch). All fibers are not alike when it comes to contractile performance and basic physiological characteristics. Your nervous system activates muscle fibers based on how much force you need to produce.

This would indicate a benefit to combining repetition ranges fashion to optimize the whole muscle response and maximize growth.

So let's say you're following a three-day-a-week training plan. Make day 1 your heavy day, with exercises performed in the 3 to 5 rep range. Day 2 will be moderate, in the 8 to 12 rep range. Then Day 3 will be light, with exercises in the 15 to 20 rep range.

WORKOUT MISTAKE #2: You're not training hard enough

The only reason the body adapts, or is forced to change, is because you produce an overload response.

In other words, you challenge it beyond its present capacity. Makes sense, right? If you're not training hard enough, then you never challenge your body beyond its present capacity, so your muscles have no reason to keep growing.

You may think you're getting a solid workout in, but if you're frequently stopping four or five reps short of failure, then you're just going through the motions. Now, does that mean you always have to train to failure? No.

WORKOUT MISTAKE #3: You're training too hard

On the opposite end of the spectrum are those who go all-out every single time they hit the gym. Here's the deal: Training too hard can bring about overtraining, which is a negative response when you're pushing your body too hard.

While the body is very adaptive, at some point, you hit a threshold and the hours of training you're doing becomes counterproductive—which triggers a stall or decrease in muscle mass. Overtraining can bring about mood changes, fatigue, chronic muscle soreness, an increased risk of injury, a drop in performance, and a desire to skip workouts. In other words, you have an imbalance of work and recovery. When you put too much stress on your muscles and don't give them proper rest, you limit their ability to grow.

If you're taking every set to a level 10 or you're not giving your body sufficient rest days, there's a good chance you've entered into overtraining mode. Back off the intensity, vary the rep range, and consider a de-loading week, which is a short planned period of recovery where you take your training slightly lighter or work out less.

How often you plan a recovery week depends on how hard you're lifting. Some people can go eight to 10 weeks before they need one, while others need to take one every four to six weeks. You should also make sure to have at least two to three days of rest per week.

WORKOUT MISTAKE #4: You're doing too much cardio

Cyclists eager to get lean may opt to slave away on cardio machines several times a week, not knowing they're actually sabotaging muscle gains.

Up to a certain point, there's not going to be much of an interference—if any— between combining cardio and strength training sessions. In fact, he says that in the early stages of training, cardio can actually be beneficial on muscle growth.

But, as you get more experienced with your lifting, meaning you are lifting heavier or challenging yourself more, those intense cardio sessions may start to tap into your recovery—a major mistake if you're goal is to gain muscle.

So, what should you do instead? Limit the frequency, intensity, and duration of your aerobic workouts. And when you do choose to sweat it out on your favorite cardio machine, stick to moderate intensity levels. A general guideline is to limit steady state cardio to no more than about three to four weekly bouts lasting 30 to 40 minutes. If you opt for high-intensity interval training instead, it is prudent to limit your sessions to two or three, 20-minute workouts a week.

If you notice your energy levels dipping or you've hit a plateau with your muscle growth, cut back on the cardio volume.

WORKOUT MISTAKE #5: Your volume is not sufficient

When you consider that volume—the total weight lifted in a training session—is a main driver of hypertrophy, it makes sense that you must hit a certain volume level in order to maximize muscular gains.

In other words, if you want to grow, you have to put in the work to make it happen. So, what is this ideal volume level?

Research has shown that on average, 10 sets per muscle group per week seems to be the lower threshold at which muscle growth is maximized. For example, if you're training chest, you might do 3 sets of bench press and 2 sets of flies on Monday and Thursday, which equates to 10 sets of chest exercises for the week.

As for how you structure a workout, that's up to you, but you should be training your muscles at least twice per week. If you're doing a split, for example, you should utilize a split that allows you to work each muscle group at least twice per week. When you're only training a particular muscle once per week, the research shows a reduced hypertrophic response.

There's not much evidence that says training a muscle more than twice a week is better than training it only twice per week.

2018 HeartCycle Tour Souvenir

The HeartCycle tour souvenir for 2018 will be a jacket by Primal that matches the 2017 HeartCycle tour souvenir jersey. The souvenir jacket will feature an emblem on the shoulder commemorating the 40th anniversary of HeartCycle. They will be made in both women's and men's sizes.



When you register for your HeartCycle tour in 2018, please be sure the size in your profile record is correct. Jerseys will be ordered based on the profile information.

Size chart is shown on the next page of this newsletter.


PRIMAL
PRIMAL FIT GUIDE

Fit Guide applies to jerseys, bibs and shorts.

All measurements, apart from weight, are listed in inches.

Men's Size Chart

SIZE	WAIST	CHEST	WEIGHT	HEIGHT
X Small	26-29	33-35	100-120	60-64
Small	29-32	35-38	120-145	64-68
Medium	32-35	38-41	145-165	66-70
Large	35-38	41-43	165-180	68-72
X Large	38-42	43-46	180-210	70-76
2X Large	42-46	46-49	210-240	74+
3X Large	46-51	50-52	240-260	74+

Women's Size Chart

SIZE	WAIST	CHEST	WEIGHT	HEIGHT	HIPS
X Small	24-25	32-33	90-110	Up to 62	34-35
Small	25-27	33-35	105-120	61-65	35-37
Medium	27-29	35-37	120-145	64-68	37-39
Large	29-32	37-40	140-165	67-71	39-42
X Large	32-35	40-43	160-185	70-73	42-45
2X Large	35-37	43-45	185-205	70+	45-47
3X Large	37+	45+	190+	70+	47+

Primal apparel is engineered for the highest possible performance. To take full advantage of the technical properties of your Primal apparel, it should fit close to the body so that moisture is effectively transported away from the skin to help keep you cool and dry.

For a looser fitting jersey, please order one size up from the size shown in the size chart.

Colorado HeartCycle 2018 Tours

Spring Training in Texas Hill Country

Fredericksburg, TX

March 18 - 24 Status: Wait List
 6 days, Int. w/Adv. Options \$1,330.00
 Tina Vessels, tina.vessels@gmail.com
 Tom Biggi, biggi@awdboost.com

Gunnison Fixed Base Explorer

Gunnison, CO

June 3 - 7 Status: Open
 4 days, Intermediate \$685.00
 Rosemarie Lueke, ree22@msn.com
 Chris Matthews, chriswmattthews@msn.com

Springtime in California - Solvang in Style

Solvang, CA

April 14 - 20 Status: 1 male
 6 days, Int./Adv. \$1,450.00
 Bob Rowe, browe49@comcast.net
 Alan Scott, ascott999@comcast.net

Four Corners - Land of the Anasazi

Durango, CO

June 9 - 16 Status: 1 male/1 female
 7 days, Advanced \$1,480.00
 Fred Yu, frederickyu@comcast.net
 Joan Spilka, ljspilka@hotmail.com

Relaxed in Provence

Avignon, France

April 22 - 30 Status: Open
 8 days, Easy/Int. \$2,495.00
 Polly Page, mspollypage@gmail.com
 Rich Crocker, richcrocker@hotmail.com

Sardinia

Sardinia, Italy

June 17 - 26 Status: Open
 9 days, Advanced \$2,775.00
 John Aslanian, 22flatrock@gmail.com

The Island of Mallorca

Mallorca, Spain

May 5 - 18 Status: Wait List
 13 days, Int. w/Easy & Adv. \$2,685.00
 Rich Crocker, richcrocker@hotmail.com
 Polly Page, mspollypage@gmail.com

Carbondale Extended Weekend

Carbondale, CO

June 20 - 24 Status: Open
 4 days, Intermediate \$690.00
 Ron Finch, blouie-rfinch@comcast.net
 Steve Heil, rjsheil@bresnan.net

Tennessee Trek

Nashville, TN

May 12 - 20 Status: 1 male
 8 days, Int./Adv. \$1,400.00
 Jim Schroeder, jimmyschweb@gmail.com
 Helayn Storch, helaynstorch@hotmail.com

Dordogne - Foie Gras, Truffles and More

Dordogne, France

July 10 - 19 Status: Open
 9 days, Int./Adv. \$3200.00
 Fred Yu, frederickyu@comcast.net
 Graham Hollis, gramhollis@comcast.net

Colorado HeartCycle 2018 Tours

San Juan Islands

La Conner, WA

August 4 - 11 Status: Wait List

7 days, Int./Adv. \$1,770.00

Ken Condray, condray3@gmail.com

Doug Moll, doug@aaplus.com

Sue Matthews, scmatt2@gmail.com

Coast-to-Coast Northern Tier Year 3

Rapid City, SD

September 8 - 23 Status: Wait List

15 days, Int./Adv. \$2,595.00

John Penick, jdpenic@gmail.com

Rosemarie Lueke, ree22@msn.com

Bike and Barge - Germany

Koblenz, Germany

September 15 - 22 Status: 1 female

7 days, Easy/Int. \$1,785.00

Joanne Speirs, jcspeirs1@gmail.com

Fireworks of Fall, Finger Lakes, New York

Rochester, NY

September 29 - October 7 Status: Wait List

8 days, Int./Adv. \$1,660.00

Jim Bethell, bethell.jim@verizon.net

Jay Wuchner, jaywuchner1@gmail.com