

# The Elements of Getting Faster

LIFESTYLE

## SP

SUPPORT

Build a team of support that will help you reach your goals while balancing the demands of training, work, and family.

NUTRITION

## CR

CARBS

Consume carbohydrates for optimal performance. Eat a healthy, carb-rich meal 3-4 hours before, then continue to ingest carbs during your workout.

TRAINING

## SR

STRENGTH

Incorporate strength training to become more efficient at transferring power and recruiting muscles in the pedal stroke.

RECOVERY

## SL

SLEEP

Focus on the timing and regularity of your sleep schedule to help you feel more rested and assist your body's mending process. High quality sleep makes for high quality recovery.

LIFESTYLE

## SS

STRESS

Training places a massive amount of stress on the body. Try your best to reduce off-the-bike stress as much as possible.

NUTRITION

## QT

QUANTITY

Adjust food quantity for your goals, but fuel the work. Aim for 60-90 grams of carbs per hour for rides longer than an hour. The more you work, the more fuel you'll need.

TRAINING

## CO

CONSISTENCY

Build and promote fitness sustainably with a steady progressive load that will result in higher aerobic capacity. Consistent training makes you faster and can prevent training setbacks.

TRAINING

## AS

ASSESSMENT

Assess your fitness to ensure you are providing the right amount of stimulus to drive fitness adaptations. The Ramp Test is a critical first step in assessing your current fitness level.

TRAINING

## SB

SCIENCE-BASED

Use a science-based approach to analyze your training. Use the data to find what works, discover failure points, and see the impact of your hard work.

RECOVERY

## RE

REST

Take physical and mental breaks to increase your motivation and performance. Rest translates to productive workouts in the future.

LIFESTYLE

## HA

HABITS

Build healthy habits over time to stay consistent. Start with small habits that you can maintain. Minor changes compounded over time eventually lead to significant transformation.

NUTRITION

## HQ

HIGH QUALITY

Maximize what you eat with a variety of high-quality, nutrient-dense foods to ensure that your body is getting the nutrients it requires.

TRAINING

## VO

VOLUME

Select a training volume that fits your lifestyle. The right amount of volume will provide enough training stimulus while allowing you to recover in time for the next workout.

TRAINING

## PR

PROGRESSIVE

Peak your fitness with an increasingly progressive and precise stimulus. The Base, Build, and Speciality progression layers more specific forms of fitness atop your aerobic base.

TRAINING

## IN

INTENSITY

Add intensity to your training to combat lack of time. Intensity allows you to compensate for a limited training schedule and build event-specific fitness.

RECOVERY

## FN

FUN

Enjoy your hard work. Riding the bike is fun, so take a few moments to celebrate training victories to stoke your motivation.

LIFESTYLE

## LR

LEARNING

Learn and practice new skills and strategies continually so that you can constantly improve your fitness and racecraft.

NUTRITION

## HY

HYDRATION

Drink proactively and aim to take in a bottle an hour. Your hydration needs will vary based on the conditions, intensity, and individual physiology.

TRAINING

## EQ

EQUIPMENT

Optimize your training setup. If you're training indoors, keep cool with a fan, store bottles nearby, and listen to music for extra motivation.

TRAINING

## ST

STRUCTURE

Structure your training with intervals to build specific energy systems. Structured, power-based workouts are the most effective way to become a faster cyclist.

TRAINING

## GF

GOAL-FOCUSED

Follow a training plan that focuses on your goals. The ideal training plan will consider your current volume, experience, discipline, and events.

RECOVERY

## BL

BALANCE

Recover with rest, sleep, and nutrition to balance your training. It's during this time that your body is adapting and getting faster.