

STUDIO



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

****NOTE:** Athlete questions in **black**, Coaches responses in **RED**.

Sonni,

I have not written in a while but everything is going good with my training. Just because you do not hear from me doesn't mean I am not training. Today (Monday) I did my 4 hour in durance ride since it rained Sunday. I made a mistake though and did it at MAF instead of EA. Is that O.K.? **This is fine. We're working on getting to the point where you'll be so much more efficient at your maf level zone that'll be REALLY hard to ride at Maf for 4hours. You're doing the right thing, hang in there.**

Also I still have not been able to do my MAF test. **It's ok.....this is a tough thing to sequence in for a cyclist because exterior conditions affect the result SO much.** I tried it the other day after I found a good place with little traffic but my HR monitor went dead as I hit some interference (power lines or something) that went on for a couple of miles so I just continued to ride and get in some miles.

I have been very patient. All of my Team Mates have been training pretty hard and going at race pace. Sunday they went to Greenville to ! the training series. They are about to ditch me! I am a little worried right now about how I will be in a few weeks. I am still riding solo. The last time I went with a group was just after you started coaching me and my heart rate went up so I backed off. I really don't want to ride with a group until I know I will not go anaerobic. **Going with the group will be fine once we get through this initial phase of maximally developing your aerobic (and metabolic) efficiency. But this is the foundation.....the rest is what we'll add TO the foundation. I can assure you that you won't be race-fit as soon as others, but your solid foundation will allow you to crank out more quality workouts/miles later in the year without having the same recovery-"stoppages" that the "February champions" will have.**

The extensiveness of your base will directly affect the 'height' to which you can stress (and subsequently recover) yourself when it counts...../IN the actual RACING season. Just wait, you'll see what it's like in June. Thanks and will talk to you later, D.B.

Take care,

Coach Sonni