



**George Washington Bridge  
Challenge**

**Determi***Nation***™**

*The American Cancer Society  
Cyclife Team Manual*

**SEASON 2  
Training On and Off the Bike**



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# *maxfit Indoor Cyclife Team*

## **a recap of Season 1**

1 team... 14 weeks... 42 rides... 58 participants... detractors... peak performance

"I lost 17 pounds in 3 months."... "I love being part of a team"... "I start every day with calm intensity."... "I ran my best marathon time ever."... "My cholesterol dropped 35 points and I finally reached my goal weight!"... "I launched a new business."... "I'm able to focus better."... "The last 14 weeks have opened my eyes to the power of positive thinking."... "I have been under enormous stress lately and the cyclife team experience was my safe haven"... "Sign me up now for next season"

"WOW!"... "What an amazing ride!"... "Coach chrismiller was right, that was a Peak Performance by 40 'life athletes."... "Was that really 90 minutes?"... "I was nervous I couldn't do it, but that was great."... "I feel unbelievable!"... "Very cool."... "Let's do two hours next time."... "ENDORPHIN BATH!"

Those were the words and experiences of several ***maxfit Indoor Cyclife Team*** members just after the completion of the first ***maxfit Indoor Cyclife*** season and the historic ***Super Cyclife Sunday*** 90 minute ride on December 13th, 2009.

# *maxfit Indoor Cyclife Team*

## Introduction to maxfit

Congratulations, you have been invited to join the *maxfit Indoor Cyclife Team!*

*maxfit* is an indoor cycling retreat for your body and mind. *maxfit* is located in the Oxygen Fitness Club at 25 Washington Avenue in Tenafly, New Jersey. Oxygen is a fully equipped gym with a highly qualified fitness training staff and locker room facilities.

The *maxfit Indoor Cycling* studio has 42 bikes. Each bike can adapt to the size and ability of people of all fitness levels. Indoor cycling is a proven method to safely improve cardiovascular performance, strengthen legs, burn fat and aid in weight loss.

You can ride an indoor bike in thousands of gyms all over the world. There is only one *maxfit*.

*maxfit* is unique. *maxfit* is an oasis, a fertile ground rich in motivation, inspiration and purification.

*maxfit* is a departure from the usual stress and responsibility of daily life. *maxfit* is a place to detoxify and to rejuvenate. Riders are encouraged to clear their minds, train their bodies and then nourish their spirits. At *maxfit* the ride is an adventure, a journey, and an experience. At *maxfit*, it is not about the bike, it is about how the bike makes you feel. Our cyclists report that they feel a strong sense of the empowerment needed to improve the quality of their lives.

“Cyclife” is the union of the two words, “Cycle” and “Life”. “Indoor Cyclife” is a team sport played by up to 42 “Life Athletes” using 42 indoor stationary bikes in a room dedicated to team spirit, positive thinking, self confidence and mindful challenge.

You have been offered the opportunity to join the *maxfit Indoor Cyclife Team* because you have demonstrated a strong desire to control the direction of your life. We want *Cyclife Athletes* who are willing to contribute their strengths and to challenge their weakness – on and off the bike – so they can become healthier as individuals and we can become stronger as a team.

Every team needs a coach. A coach is a person who assumes the responsibility of leadership. A good coach is a person who is able to unify, motivate and inspire a group of people to do things they may not want to do, in order to get to a place they want to be. My name is **chrismiller** (one word and in lower case), I am the coach of the *maxfit Indoor Cyclife Team*. All successful coaches have a strong supporting cast. My staff includes assistant coaches, Melanie Landano, Jennifer Sherman, and Kristen Hollen. My wife, the lovely Amy “*maxfit*” Miller will be the *maxfit Indoor Cyclife operational manager*.

The **maxfit Indoor Cyclife Team** faces daunting opponents everyday. Our opponents are the dreaded **Detractors!** The ever present and often powerful **detractors** are the forces that prevent us from reaching our goals. The **detractors** are cycling obstacles such as poor technique, leg weakness and endurance. These forces prevent participants from fully experiencing the potential benefits of indoor cycling. Other **detractors** include **physiological obstacles** such as dysfunctional movement patterns, body weight issues, inflexibility and pain. Finally there are **detractors** that include daily **life obstacles** such as stress, anxiety, pessimism, distraction, self consciousness and personal health issues. The **detractors** are always lurking. They are strong. They can be relentless. Do not underestimate the **detractors** in your life.

The goal of this team is simple; defeat the **detractors**, both on and off the bike. A goal is simply a dream unless a plan is established with attention to time. My plan is to assemble as many **Cyclife Athletes** as I can, who are willing to commit to training both on and off the bike starting in mid February and continuing for four months until mid June. These people will train their bodies, their minds, and their spirits for four months and focus their attention on achieving “Peak Performance” on Sunday, June 13<sup>th</sup>, the date of the annual **George Washington Bridge Challenge**.

**maxfit** has been designated as the indoor training facility for the **GEORGE WASHINGTON BRIDGE CHALLENGE**. We are creating a new team, the **American Cancer Society Cyclife Team**.

The **George Washington Bridge Challenge** is an annual fund raising event organized by the **AMERICAN CANCER SOCIETY**. On June 13<sup>th</sup>, over one thousand athletes will form a giant team to ride bikes, run, or walk to raise money to help battle one of our society’s most powerful detractors, **Cancer**. Cancer prevents many people from living strong healthy and vibrant lives. These **ACS Cyclife Athletes** will train on foot or on the bike 2, 3, 4, or 5 days a week for four months so they can confidently complete the **George Washington Bridge Challenge** and become healthier in the process.

The **American Cancer Society Indoor Cyclife Team** practices take place in at **maxfit**, and will last between 55 and 90 minutes. These practices will often include grueling feats of physical, mental, and spiritual fitness. Your participation in an indoor cycling routine will help you prepare for the **George Washington Bridge Challenge**. Please log on to [www.maxfit.com](http://www.maxfit.com) to check out the indoor cycling schedule. Pay careful attention to the classes designated as **American Cancer Society** training classes. These classes are free to VIP registrants.

# Optimize Your Ride

## Highly Recommended Daily Equipment:

- Bike shoes with SPD Shimano cleats
- Water
- Heart rate monitor
- Padded bike shorts
- Towel
- Open Mindedness

## Highly Recommended Bike Set Up:

- Sit on the widest part of the saddle. The saddle height should allow your leg to bend between 20-25 degrees on the bottom of the pedal stroke.
- The forward and back position of the saddle should allow your knee to be directly over the ball of your foot when you knee is at 90 degrees and allow you to reach the handle bars comfortably.
- The handle bars should be at a height that allows you to bend your elbows and relax your shoulders.
- The ball of your foot should be directly over the center of the pedal.

## Highly Recommended Technique:

- Feet should be securely in the pedals.
- Apply force throughout the entire pedal stroke (a circular motion).
- Use a flat foot pedal stroke.
- Sit back on the widest part of the saddle.
- Maintain alignment throughout your body: your feet, knees, hips, spine, head, and shoulders.
- The upper body: relax shoulders, bend your elbows, and hold the handlebars lightly.
- Be mindful and prepared for resistance, cadence, and position changes.
- Add resistance progressively.
- When coming off the seat, have enough resistance to remain in control and relaxed.
- Always remain in control of speed, resistance, and intensity.
- Use a heart rate monitor, and know your heart rate training zones.

### Heart Rate Training Zones:

It is always recommended that you consult your health care professional before you begin any fitness program. Heart rate training is the most effective way to use your time on the bike efficiently and productively. The following is the best available method in which YOU can calculate your Heart Rate Training Zone (without professional testing). Go through each step carefully; it's easy.

- Get a calculator, a piece of paper, and a pen.
- What is your age? \_\_\_\_\_
- What is your resting heart rate? \_\_\_\_\_ (*calmly sit in a chair and take your pulse for 60 seconds*)
- 220 minus your age equals your Generic Predicted Maximum Heart Rate. \_\_\_\_\_
- Subtract your resting heart rate (\_\_\_\_\_) from your Predicted Maximum Heart rate (\_\_\_\_\_).
- What is that number? \_\_\_\_\_
- Multiply that number by 65% \_\_\_\_\_ 75% \_\_\_\_\_ 85% \_\_\_\_\_ 92% \_\_\_\_\_
- Add YOUR resting heart rate to each of those numbers.
- Write your answers here: 65%=\_\_\_\_\_ 75%=\_\_\_\_\_ 85%=\_\_\_\_\_ 92%=\_\_\_\_\_

These are the accepted guidelines; however, they are only guidelines. If you are an experienced cardiovascular athlete and have complete clearance from your health care professional, your maximum heart rate may be higher or lower than the Predicted Maximum Heart rate.

- 60%-70% = The Warm up. Beginning of Healthy Heart training.
- 70%-80% = Aerobic and endurance training.
- 80%-90% = Anaerobic and performance training.
- 90%+ = Maximum effort. Performed for short periods of time by cardiovascularly fit people with clearance from their health care professional. If you need further clarification, ask me.

# Problems, Possible Causes, & Suggestions

Proper technique is critical in making Indoor Cycling safe, effective, and fun. Be mindful of the messages your body sends to you during the ride. If your technique is flawed, your body compensates by developing poor movement patterns. The result is inefficiency and sometimes pain. The following are some examples of problems, possible causes, and suggestions to make your ride more productive and your body feel great.

## Feet:

Problem - Discomfort

Possible Causes - Wrong type or size shoe

Suggestions - Wear a hard-soled, properly-fitted shoe, ideally a bike shoe. Make sure you are securely connected to the pedal. Use the cages on the pedal, or ideally a cleat on the bottom of your bike shoe.

## Calves and Shins:

Problem - Tightness in the calf or pain between the calf and shin bone

Possible Cause - Pedaling with your toes: your foot is in *Plantar Flexion*

Suggestion - Pedal with a flat stroke and emphasize your heels and the back of the pedal; this will put your foot in the proper *Dorsi Flexion*. Flexibility training will help. Use a foam roll & emphasize the calf stretch we do after every class.

## Shoulders or Neck:

Problem - Stiffness

Possible Cause - Locking your arms or gripping the handle bars too tightly

Suggestion - Bend your elbows. Relax your hands, arms, and shoulders. You may need to strengthen your upper body to better support your weight in the proper position on the bike. Resistance training off the bike is very important. Use dumbbells or rubber tubing.

## Low Back:

Problem - Ache

Possible Cause - Improper spine position

Suggestion - Try raising the handle bar. Be aware of proper pedal stroke mechanics when the resistance is heavy. Avoid rocking or twisting on the bike. Keep your head and spine in alignment. Stability training, flexibility training, and core training off-bike are very important. Perform planks on a mat and use a stability ball to stretch and strengthen.

## Hips and Thighs:

Problem - Ache or tightness

Possible Cause - Seat positioning

Suggestion - Proper Set Up. Perform hamstring & hip flexor stretches. Use the foam roll.

These are general suggestions that will help you optimize your ride:

- Flexibility training (stretch and use the foam roll)
- Core stability training (abdominal and low back)
- Upper body strength training (arms and shoulders)
- Use bike shoes and cleats
- Listen to the instructor's cues and suggestions during each class

# Optimize Your Time Off The Bike

During the course of the *Cyclife Season*, most of your time will be spent off the bike. It is critical that you use this time to live a lifestyle that will create positive change in the quality of your life, and your ability to contribute to the strength of our team when you return to the bike. The following are suggestions to optimize your time off the bike.

## Body Weight

Do you need or want to lose or gain weight? The simple fact is that change in body weight is a function of energy consumed versus energy expended. Over the course of one week, your body weight will change based on the number of calories you eat versus the number of calories you burn. Caloric expenditure is based on variables such as age, gender, weight, and metabolism. We all have different resting metabolisms. This is the number of calories you require to simply support your body's basic functions. Similarly, we all have different *active* metabolisms. This is the number of calories you require to perform all the events during the course of your day. The key to weight loss is to consume fewer calories than you expend without affecting the basic needs of your body.

I have found two web sites to help you to determine the number of calories you need to consume versus the choices of activities you need to perform in order to achieve your desired weight goal. If body weight is your concern, please check out these web sites.

- [www.nutrition.about.com](http://www.nutrition.about.com) Follow the links to your caloric needs.
- [www.primusweb.com/fitnesspartner](http://www.primusweb.com/fitnesspartner) Follow the links to your activities.

## Physical Fitness

Indoor Cycling is fantastic for cardiovascular and respiratory performance; however, it must be accompanied by strength, flexibility, and balance training in order to optimize your level of fitness. If you ignore these three components, you will limit your opportunity to experience a truly well-functioning, healthy body. **We offer a highly qualified and professional training staff to help you achieve your fitness goals. If you need assistance in fitness training contact me at [chris@maxfit.com](mailto:chris@maxfit.com).**

## Fitness Test

Perform this 5-minute fitness test as soon as possible. Set realistic goals for improvement. You must set a goal that can be achieved by December 20<sup>th</sup>. How important is it to you to feel better? Check your progress every month.

- What is your true resting heart rate?
- Are you able to maintain a plank for 60 seconds? (Core Strength)
- How many full squats can you perform in 30 seconds? (Leg Strength)
- How many true push-ups can you perform in 30 seconds? (Upper Body Strength)
- Can you stand on one leg with your hands on your hips and the opposite leg raised and bent at hip height for 30 seconds with your eyes closed? (Balance)
- Can you stand up straight, keep your legs straight, and bend from the waist and touch your toes and hold this position for 30 seconds? (Flexibility)

## Life Training

Identify the weakness in your lifestyle. Some of these suggestions may help you lead a more healthy life, physically, mentally, and spiritually.

- Physical exam every 12 months. Listen to your health care professional's suggestions about how you can improve your health.
- Drink more water.
- Eat a healthy breakfast every day.
- Eat small nutrient-dense meals throughout the day. Include protein, carbohydrates, and fat in each meal. Fruits, vegetables, and fibrous foods are important to a healthy diet. Carefully examine any diet that suggests a drastic reduction in any of these nutrients.
- No smoking.
- If you drink alcohol, do it in moderation.
- Develop good sleep habits.
- Read a self-help book.
- Be mindful of other people's time.
- Smile more.
- Be generous. Donate the clothes, toys, glasses, etc. that you do not need to someone less fortunate. Search for people in need.
- Be a mentor.
- Thank your mentor.
- Get outside. Go for a hike.
- Be more tolerant.
- Recycle.
- Give blood.
- Write your goals on a piece of paper and post it in a place where you can refer to it often. Establish a daily, weekly, and monthly plan.
- The GOLDEN RULE is a good rule.
- **S.M.A.R.T. Goals** (Specific, Measurable, Attainable, Realistic, Timely) Set goals that will effect the quality of your life. These goals must include a time frame.

What are the primary **detractors** in your life that cause stress, tension, and anxiety? Is it your priority to make a change? A goal is simply a vision of the future until you write it down. Start NOW! These personal goals must be attainable by what date?

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Clear your mind, train your body, and nourish your spirit!

# *Cyclife Team*

## *Vs.*

### **“The Detractors”**

(a partial list)

- Personal health issues
- Negative people
- Disorganization
- Procrastination
- Stubbornness
- Distraction
- Poor posture
- Weakness
- Illness
- Impatience
- Intolerance
- Inflexibility
- Insecurity
- Punctuality
- Commitment
- Temptation
- Self confidence
- Gluttony
- Greed
- Intolerance

If you have a ***detractor*** in your life that you need help defeating, contact me by e-mail and describe the evil force. It is likely that someone else on the Team is battling the same ***detractor*** in their life. We can help each other. My e-mail is [chris@maxfit.com](mailto:chris@maxfit.com). - *chrismiller*