

# Performance Program

by Lance Armstrong & Chris Carmichael (2000)

Aerobic system must maximize the body's ability to absorb & deliver oxygen. Replace bike chain every 3000 miles. Put baby powder on spare tube and wrap in old cotton sock before placing in tool bag. See book for training plans. Push your body hard in training so it will be stronger & more efficient for a race. Speed intervals make you faster. Rest for two days if you spend longer than 30 min over LT. Have one recovery week each month. Drink a recovery drink (1:4 protein:carb).

Drink 4 oz of sports drink every 10 min on the bike. 40 min before a race eat a banana or energy bar and 8 oz of sports drink. 65% of daily diet should be carbs 20% fat & 15% protein. A faster cadence puts more load on the heart and lungs and less on the muscles (try 75-90rpm). Pedal in circles (practice one-leg cycling). Shift down at the base of a hill and don't cross-shift (left chain-ring and right rear cog will cause the chain to come off).

RICE (rest, ice, compression & elevate) injuries. Drafting save 25% energy. In a pace line pull for only 20 sec. Max intensity should be 3 weeks before a race then taper down. Start wide, hit inside apex and accelerate wide out of a turn. Move to the front before a climb. Time trials are a good place to start in competitive cycling. At 20 mph, 80% of physical output is used to overcome the effects of drag on the flats (get aero bars).