

TRAINING IN THE #STAYHOMESTAYS SAFE ERA

According to the current law we could still go out and train, but is it really the best idea? What if we picked up our bike trainer and tried a new approach? A bike trainer can become a fun and useful tool if used properly.

A mirror, a playlist and an energy drink and you're ready to go!

During winter we are used to train in our garage, at this time of the year you could place your trainer on the terrace or near the window, this will make sweat evaporate faster, just remember to avoid direct sunlight.

From there you'll only need a **mirror** and the **right playlist** to **boost your motivation**. Don't forget to mix up **an energy drink** suitable for what you're trying to achieve during your training, this will help you maximize your performance.

We'll talk about this later!

Convert an "outdoor" session to an "indoor" one

Compared to an outdoor session an indoor session is **much more efficient**, the training is **more intense** and therefore the **training volume needs to be lower**.

The suggestion is to **stay between 20' and 90'**. You should dedicate roughly 10' to warming up and another 10' to cool down, the rest of the time should be dedicated to sprint or varied exercises preferably staying at or above 70% HRM.

Flat training

Reduce volume by 10-20%, keep the specific exercises the same

Climb training

Reduce volume by 20-30%, keep the specific exercises the same. If the climb is more than 10' long you can split it into multiple parts, the recovery intervals should be less than 3' long.

If your trainer doesn't simulate climbs you can always create an incline by placing an object under the front tyre.

What about the long distance ride?

If the ride exceeds 90' (even after taking into account the volume reduction), we can schedule a double session for the day. Remember to recover for a few hours and rehydrate in between sessions.

Rehydration and supplementation

The sweat pool that you find under your bike is self-explanatory: **a correct rehydration strategy during an indoor session is fundamental**, at the same time a supplement strategy that provides the **correct amount of carbohydrates** during single sessions and double sessions is also very important.

Here are some examples:

- **Low duration and intensity sessions (up to 60')**

One 500ml sports bottle with 30g of **Enervit Sport Isotonic drink**

- **Mid duration with mid-to-high intensity sessions (up to 90')**
One 750ml sports bottle with 45g of **Enervit Sport Isotonic drink** + one **Enervit Sport Liquid Gel** half way through the training
- **Double daily session**
Also take one **Enervit Sport WP Recovery Drink** at the end of the first session

Postponed competitions, what to do?

Stick to your training plan and try to work on your conditioning.
If you do that, the restart won't catch you by surprise.

Motivation can surely be a problem but if you love the sport you will surely push through this period.

A structured training session and a few new exercises can go a long way in making the session entertaining and most importantly fast. A sort of "quarantine" that will end faster than you think.

Edited by Francesco Chiappero - degree in Sports Science, Athletic Coach, owner of ReAction® and member of Equipe Enervit

<https://www.equipeenervit.com/en/author/francesco-chiappero/>