

WINTER

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lifting heavier weights as you get stronger. All types of adaptations work in a similar way. You will need to make your balancing training more complex or challenging to continue making improvements.

One primary caveat to this is that you typically don't want to exceed a 10% increase per week. This is when we get close to injury territory, and of course, remember to listen to your body. Pain usually means something is wrong; we all know that muscle burn during the sprint is good, the sharp stab in your knee when you get off the couch is bad.

Some of the main categories of performance include your cardiovascular ability, strength, balance and coordination. Each of these has specific ways to improve, and without holding a class to teach these, you may just have to be okay with these

general suggestions for now.

If you find yourself out of breath when trying to keep up with the other cyclists, in the winter try incorporating more repeated sprints on your (bicycle) trainer.

If you find yourself running out of gas on those all-day mountain biking trips, try building strength in your leg muscles (knee extensions, calf raises, and deadlifts — with good form).

In general, let the winter months be a time to focus on what is holding you back.

If you find yourself losing your balance too often on... whichever board you find yourself on, try this progression in balance training (start where it gets difficult and remember to incorporate progressive overload): Two feet together, eyes closed; one foot, eyes closed; two feet, unstable surface like balance boards, foam blocks and grass, adding a simple manual task. For all of these, make sure you are

safe from falling. Use a stable surface that you can grab on to if necessary.



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