



ARNIE BAKER CYCLING

Quick Coaching Tips

Go Slow to Go Fast

“Arnie can ride slower than any rider I have ever met.”

–Gary deVoss.



QT CYCLE
HANDOUT

“Go easy on easy days, hard on hard days.”

It is an adage most of us have heard, but too few of us practice.

Riding easy can reduce stress, allow you to talk and get to know other riders, or appreciate the scenery you seldom otherwise see.

Riding easy may require self-restraint. Letting those riding too fast go up the road.

Importantly for racers, riding easy allows you to recover from hard workouts or racing, and ride hard again later.

How easy is easy?

- It is feeling no pressure on the pedals.
- It is with a heart rate less than 65% of maximum.
- It is with a power output less than 2 watts per kilogram, or less than 1 watt per pound.

Want to find out more about what I mean by easy?

- Ride the club recovery ride on Fridays.
- Ride with me home from the club ride on Saturdays.
- Alternatively, as I sometimes do, try riding intervals as hard as you can on Tuesday, Wednesday, and Thursday. Then go ride on your own on Friday. You will not have much choice, but to ride easy. Moreover, you will better understand why riding easy is so important.

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ABC Handout

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