

TRAINING TIP: WEIGHT REDUCTION

Anybody having trouble losing that last 5-7 pounds? Are you working harder and still not losing. Nothing seems to work. Want to be leaner?

Try doing a low intensity ride first thing in the morning. Wake up, brush your teeth, have your coffee and get on the bike or trainer (I like doing it on a trainer in front of the TV). Do an hour of riding never exceeding 65% of maximum heart rate. Do not eat anything before the ride.

The reason behind this is simple. The body has been in starvation mode during sleep. It has depleted the available carbohydrates in the body and switched from carbohydrate burning for energy to fat burning. Not eating anything will keep the body in the fat burning mode. Keeping the ride at low intensity will speed up the fat burning process. Do not ride hard or the body will search for more sugars and find it in the muscles. It will switch from fat burning to breaking down muscle tissue for energy.

Ride slow... lose weight... get lean.... try it!

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