

new month

Contributed by Administrator
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I started the month off right by changing things up with my training.

After a solid month of base I am ready add in some intensity. My structure works something like this 4-5 weeks of solid base miles then add in some intensity with the base miles for another 4-5 weeks. After 10+ weeks of this I should be good to go for strength and speed building which would be march. Hopefully I can be in somewhat respectable shape for the Sea Otter Classic in April.

Today it was below 20 degrees and the wind was blowing around 15mph. It was damn cold at 9am but somehow one must get motivated to go out for a ride in such less than ideal weather conditions. How do I get motivated? Well first off I work at a coffee shop so I am always on a caffeine rush but sometimes I need a little more of a kick. so I dress up like a Ninja and call myself the Cycling Ninja! I am scronny, inflexible, highly uncoordinated and pretend to be a fast cyclist, my mission to defeat Evil Smog!

The down side to it being so cold outside is that it requires a ton of clothing to stay warm! Here is a pile of my I had to layer up in

In this pile of clothing there are the following

1 pair of Lake winter boots, 1 pair of Gore Bikewear bib tights, Craft pro Storm tights, Pearl long sleeve base layer, Odlo Long Sleeve base layer, old Long sleeve Bikeman jersey from back in the day, LL Bean gore tex mitts, Cannondale long finger gloves, OR windstopper balaclava, Lake windstopper fleece vest, Sigui winter cycling jacket, Giro ski Helmet and Oakley goggles,

I also was sporting a pair of Mt bora team 29'er crew bib shorts

(i know i have a lot of winter fat to loose, I am working on that, down 3lbs, a few more to go!)

and I also was rocking out with some Smart Wool, wool socks

(I think my legs need some sun light on them!)

So that was about it for the day, bike ride, recover, go to the Sbucks for a few hours then I had to pick up some birthday presents for my parents. My moms birthday is today and my father's birthday is on the 7th. Wish them a Happy Birthday if you see them any time soon!