



EnduranceAthlete

Ben Popp Designed Athletes

Bike Commuting as Training Opportunity

This week (June 5-11) in the Twin Cities is Bike Walk Week (bikewalkweek.org) and is promoting making cycling and walking an easy and fun choice for commuting and recreating in the Twin Cities. Just voted as the most bike friendly cities in America, Minneapolis/St. Paul is a great place to live and work as a multisport athlete.

In honor of the Bike Walk Week Endurance Athlete is providing 4 reasons and tips for making your commute to work a great training opportunity as well as a great way to help the environment.

1. **Increases base miles:** As busy athletes we are crunched for time. Using your commute to work as a level 1 or 2 bike ride (or run) will provide you with a great opportunity to increase your base mileage. This will free up more time for specific quality high intensity workouts when they are appropriate.
2. **Specific strength workouts:** Include 1 leg pedaling and slow cadence power to help increase cycling specific strength and work on cycling technique. While commuting you can keep up your exposure to these important specific strength skills and workouts that were a larger focus to your early season training.
3. **Long Run:** Running home from work will allow you to get a mid-week long in without taking away too much time from your family or other commitments. An additional benefit is that it is hard to carry very much with you while you run, so your work stays at work and does not come home with you. This allows you to focus on relaxing and recovery when you are at home.
4. **Simply ride a bike:** When time is limited, every time we head out for a ride there is a focus and sometimes we can lose why we all started to ride our bikes, ENJOYMENT. Commuting to work allows you to leave your power meter, heart rate monitor, and speedometer at home and just enjoy riding your bike. Ride on the plethora of bike paths in the city and reconnect with the simple pleasure of rolling through the park.