



Jon's Coaching Tips

Sunday, March 1, 2009



Q: Why did I Cramp so badly especially towards the end of races or long rides?

A: To cut a long story short, it's due to Lack of Training!!

Cramp is the Bodies "protection mechanism" to get you to slow down. In other words you pushed yourself, for Longer [Duration] and Harder [Intensity] than you had trained your body to handle. To many of us train say for an hour and a half at a time during the week and then we go out on a Sunday when the pace is harder than our trainig rides and 2 or 3 times longer, no wonder we cramp. The more your train at "Race Pace" the less likely you are to cramp.If you keep training the longer distances at the higher intensity you will be the cramps.

Usually you are not deficient of vitamins and minerals, as is so often speculated, however there does seem to be some tablets on the market that do help with cramps.

There does however seem to be a Genetic Factor. In other words some people seem to be more prone to cramp than others.

The Bottom Line:

Follow a Structured, Progressive Training Program. Include some dress rehearsal Races/Rides that are longer than the race you are training for, and push yourself hard on these rides like you do in a race.