

Train Like a Pro Cyclist



"Are you bored just riding around without a purpose? Do you want to train like a pro cyclist? You're never too young to learn. The activities in this lesson are designed for you to investigate what it takes to become an elite cyclist."

Activity Overview

Students - Have you ever wanted to “Train Like a Pro Cyclist?” This is your chance! You will have the opportunity to complete a variety of activities that will allow you to understand more about how physical activity and nutrition play a role in helping you to become a better cyclist. Please view <http://www.dignityhealthsportspark.com/velo/youth-cycling-program> to have a better understanding about what it means to be a cyclist.

Activity Background

Your first assignment is to research cycling and see what kind of cycling interests you the most. Does riding miles on the road sound awesome to you, or riding your bike through the mud, or on a track, or one day even jumping high on your bike? Let’s compare the different cycling activities. Which one do you prefer? You can ride a road bike, mountain bike, cycle cross, or do Velodrome racing, BMX racing and even stunt bicycling. Another great option would be instead of purchasing a fancy and expensive stationary bike right away, buy a stand that adapts a road bike as a start. There are many DIY ideas on You Tube to create your own.



Click above to play video



Materials and Methods

You will need:

- Access to a computer and smart phone/smart watch. Ask your parents permission before you download any apps.
- Stopwatch if you do not have access to a computer or smart phone/watch
- Bicycle ** If you do not have access to one, ask to borrow one from a family member
- Paper to record findings
- Pen or pencil
- Cycling Training Log: Print attached log or create your own on a sheet of paper.
- Nutrition Log: Print the example or create your own log to track your eating habits and determine whether you are eating healthy nutritious meals that will aid in your training.
- Take pictures and record videos of you riding your bike. The visual media will be used later in the project to show completion of the activity. You can create a video progression of your cycling journey or create a collage and post your completed project on https://contest.sciartexchange.org/XpandYourHorizon-2020-001-design-your-habitat/entry_form/ .



Activities

Instructions:

- Search for different modes of cycling. Research the mode of cycling that you would like to pursue. Record your favorite cycling event. Why do you like it? What would you have to do to become a better rider? What are your goals?
- When setting goals, the method to use is SMART: Specific, Measurable, Attainable, Realistic, Time-specific
- Download Strava at <https://www.strava.com/> on your computer. Create your account. The app is free for the basic subscription. Before you download Strava, ask your parents for permission.
- Download the Strava app on your cell phone. Once downloaded, you will be able to enter your log in information and start to measure speed, distance and time to determine what your average speed is and the length of time it takes you to complete a mile.
- Once you have completed the above steps, log on to <https://www.bicycling.com/health-nutrition/a20046377/cycling-calories-burned-calculator/> . This link will allow you to see how many calories you burn for the time you spend cycling.
- Use your training log to enter your data.
- Create videos of yourself riding your bike and/or take pictures of yourself with your log and make a collage with all the images you collect during the one-month activity. You can use the collage as an artistic activity you can submit and share at the end of the project via the SciArt Exchange system. This is the link to the submission system for you to share what you have completed: https://contest.sciartexchange.org/XpandYourHorizon-2020-001-design-your-habitat/entry_form/.
- Some other ideas that you can do are to create a blog of your training journey and share with SciArt Exchange. You can also write a short story or poem about the experience you had while you were training. You can include why you wanted to complete this lesson and how you felt throughout the whole process. This is the link to the SciArt Exchange submission system for you to share your project: https://contest.sciartexchange.org/XpandYourHorizon-2020-001-design-your-habitat/entry_form/.

SMART GOAL SETTING

Questions to think about:

- Was your SMART goal met?
- Did you see an increase in speed and/or distance?
- How did you feel when you completed your goal? If you didn't complete your goal, will you continue trying to met your goal?

S (Make it specific) What do you want to accomplish?

M (Make it measurable) How will you know if you accomplished your goal?

A (Make it attainable) How can the goal be accomplished?

R (Make it relevant) Is the goal worth working hard to accomplish? Explain.

T (Make it timely) When will your goal be completed?

Cycling Training Log

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE							
DISTANCE							
TIME							
PACE							
CALORIES BURNED							
NOTES							
DATE							
DISTANCE							
TIME							
PACE							
CALORIES BURNED							
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CALORIES BURNED							
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DATE							
DISTANCE							
TIME							
PACE							
CALORIES BURNED							
NOTES							

Nutrition and Hydration in Cycling

- Why is eating healthy important if you are training to be a cyclist? Record what you eat for the week. See if you are getting a variety of proteins and carbohydrates to fuel your body. Watch this video to learn more about it. <https://www.youtube.com/watch?v=sjhSm3lguxc> It is also extremely important to remember to have the correct amount of hydration and electrolytes in your diet. Please view the following video:
<https://www.youtube.com/watch?v=Tx8uZhyBrQ4>



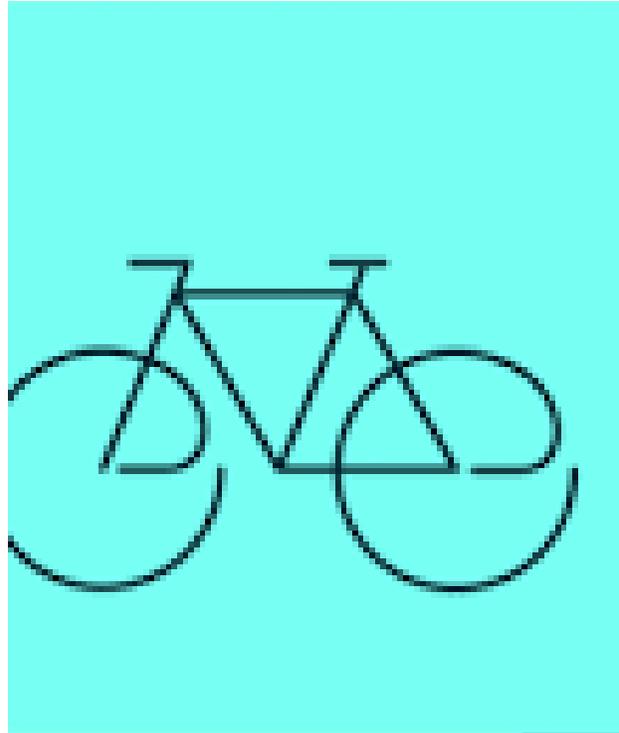
FOOD JOURNAL WEEK _____

MONDAY	BREAKFAST	LUNCH	DINNER	SNACK #1	SNACK #2	WATER
						
TUESDAY	BREAKFAST	LUNCH	DINNER	SNACK #1	SNACK #2	WATER
						
WEDNESDAY	BREAKFAST	LUNCH	DINNER	SNACK #1	SNACK #2	WATER
						
THURSDAY	BREAKFAST	LUNCH	DINNER	SNACK #1	SNACK #2	WATER
						
FRIDAY	BREAKFAST	LUNCH	DINNER	SNACK #1	SNACK #2	WATER
						
SATURDAY	BREAKFAST	LUNCH	DINNER	SNACK #1	SNACK #2	WATER
						
SUNDAY	BREAKFAST	LUNCH	DINNER	SNACK #1	SNACK #2	WATER
						

 Our Products Your Story

Click on link below to print Food Journal

<https://www.totallypromotional.com/Media/totallypromotional/images/PDFs/printable-food-journal.pdf>



DIFFERENT CYCLING DISCIPLINES

Source: https://en.wikipedia.org/wiki/Road_bicycle_racing

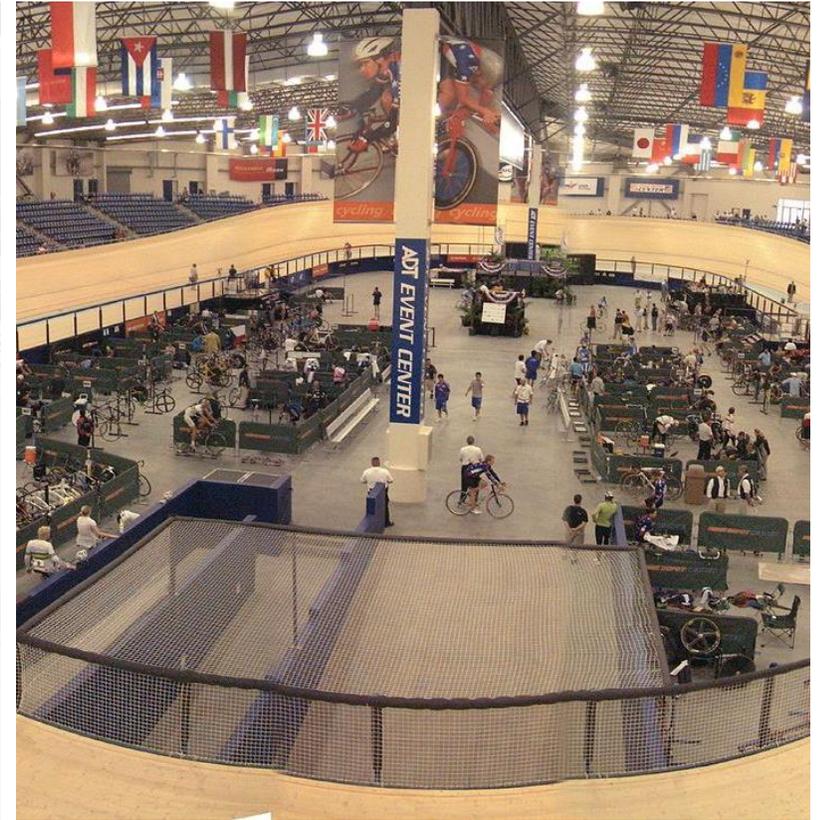
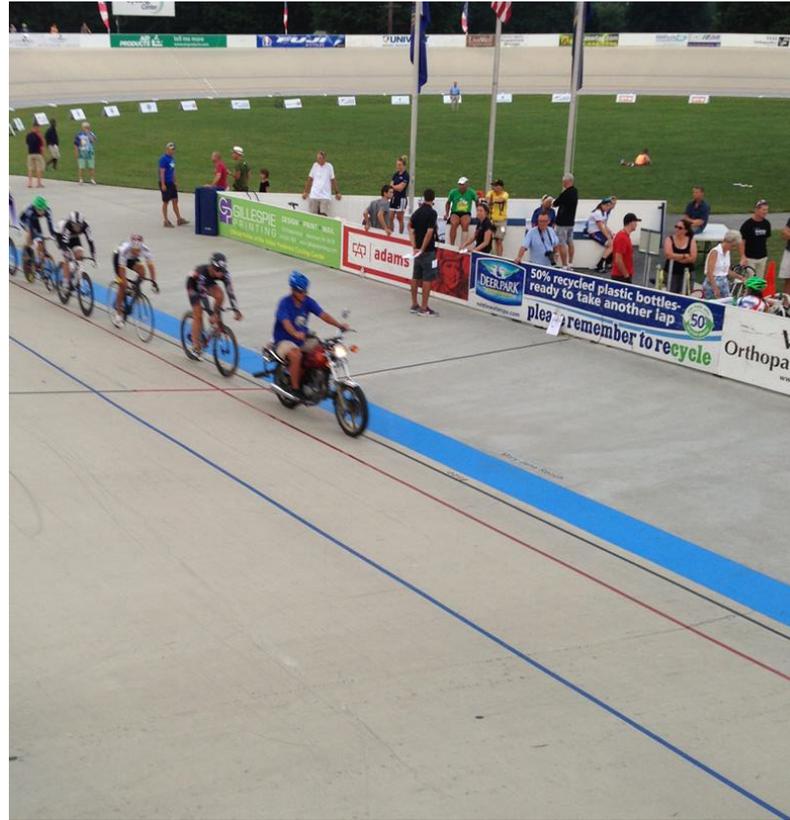
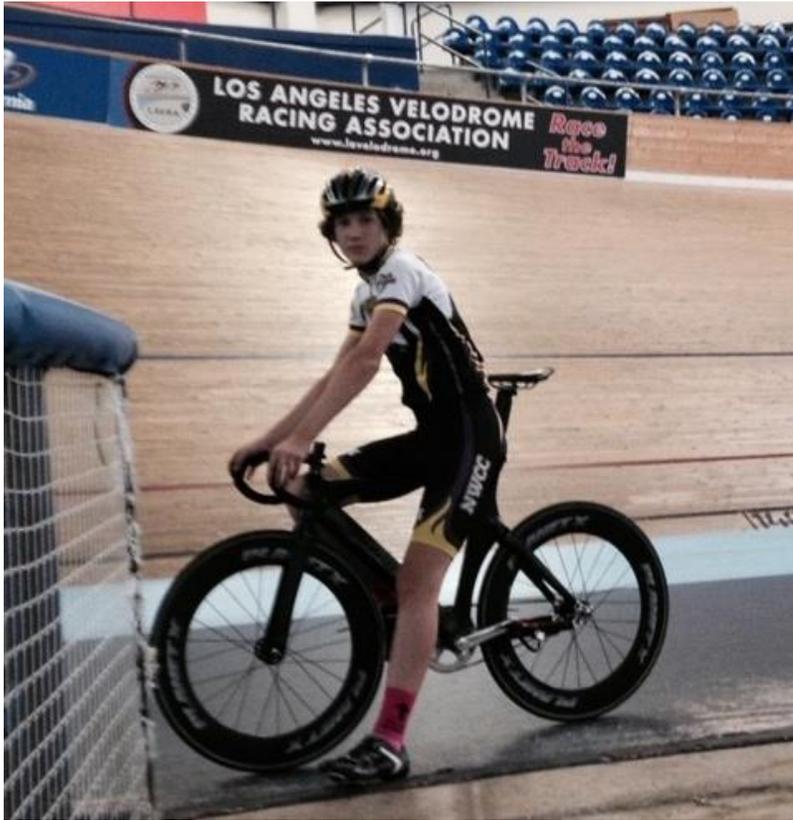
Road Cycling

Road bicycle racing involves both team and individual competition, and races are contested in various ways. They range from the one-day road race, criterium, and time trial to multi-stage events like the Tour de France and its sister events which make up cycling's Grand Tours.

What does a road cyclist need? A bike, padded shorts and a cycling jersey, so that you remain comfortable riding long distances on a bike. A water bottle and bottle cage so that you remain hydrated throughout your ride. A tire pump, spare tube, basic tools and chain oil, in case you need to maintain your bike during a ride.



Click video above to video to hear how Lawson Craddock, a pro cyclist, inspires a youth cyclist to train harder.



Track cycling

Track cycling encompasses races that take place on banked tracks or velodromes. Events are quite diverse and can range from individual and team pursuits, two-man sprints, and various group and mass start races. Competitors use track bicycles which do not have brakes. It takes a while to get used to riding a track or fixed gear bike. What it's like to ride on an indoor velodrome? Click link to find out more <https://www.youtube.com/watch?v=CJY3zvDSouI>



Cyclocross is a cross between road racing and mountain biking. Competitors race laps around a course featuring a variety of surfaces (pavement, grass, sand, gravel, dirt, etc.) while negotiating several obstacles that may require them to dismount and remount their bicycle. Watch this video to learn more about cyclocross racing.

https://www.youtube.com/watch?v=RkRIoU0wm_M

Mountain Biking

Mountain bike races are held off-road and involve moderate to a high degree of technical riding. There are several varieties; the main categories are cross-country, enduro and downhill. Whichever you choose will be the most beautiful and exciting ride of your life! You can ride in a cave one day, a canyon the next day, and then ride in the mountains. Biking can take you everywhere!



[Click picture above to view video](#)



BMX

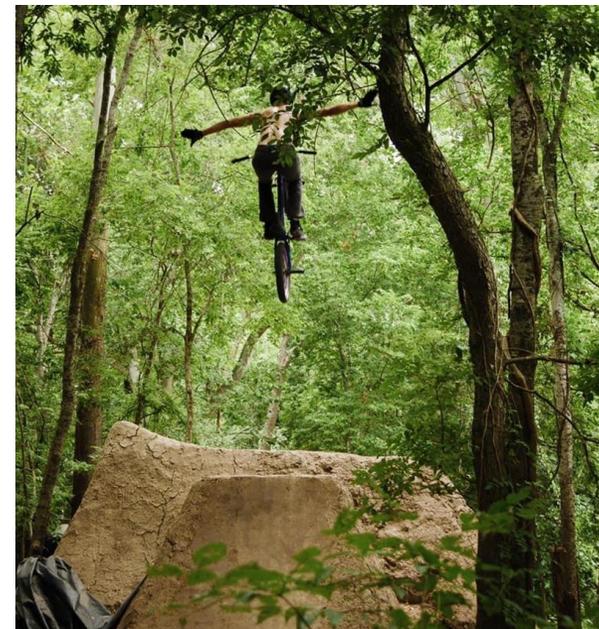


BMX takes place off-road. BMX races are sprints on purpose-built off-road single-lap tracks typically on single-gear bicycles. Riders navigate a dirt course of jumps and banked and flat corners. BMX is a great family sport! You're never too young to learn how to ride a bike or race. Children begin racing as young as four years old. Watch this video about kids racing BMX.

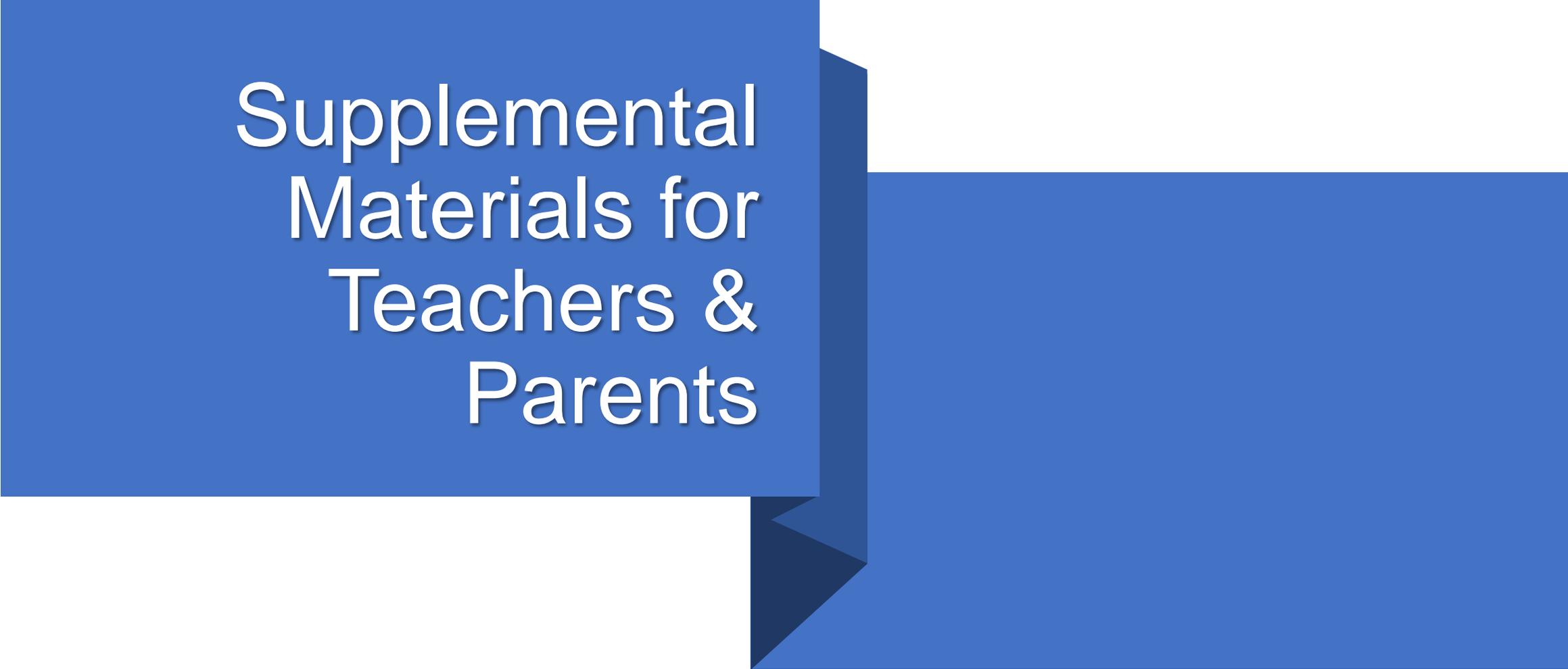
<https://www.youtube.com/watch?v=vNxpaEO3870>

Dirt Jumping

Dirt jumping is riding bikes over jumps made of dirt or soil and becoming airborne. Dirt Jumping evolved alongside BMX racing and is similar to BMX or mountain bike racing in that the rider jumps off of mounds of dirt. The rider uses the jumps to perform a midair air tricks.



Can you find the bike rider in the photographs?

A blue graphic element consisting of a rectangular box on the left and a horizontal bar extending to the right. The box has a ribbon-like fold effect on its right side, and the bar is a solid blue rectangle.

Supplemental Materials for Teachers & Parents

Activity Objectives

- To participate in moderate to vigorous physical exercise daily and to increase heart rate and speed.
- Record goals that are measurable that will lead you to the results desired.
- Demonstrate how to record data.
- Learn how to record data in the cycling training log.
- Learn how to use Strava or the stopwatch to measure time, distance and speed.
- Learn how to interpret data that has been recorded. Use programs such as <https://spark.adobe.com/make/charts/> to create your own free data charts.
- Age down option: if you would like a younger sibling or friend to join you, have them download Strava if they have access to technology, or complete rides with you.

Key Words

Calorie: is a unit of energy. We get calories from the food we eat—there are nine calories in every gram of fat, and four calories in every gram of protein and carbohydrate. Unused calories are stored in fat cells, which is the body's way of conserving energy for when it needs it, but these calories can be burned through exercise.

Cycling Training Log: designed to help boost your cycling performance distance or a time by recording a variety of details that you can use to monitor your improvement over the month.

Stopwatch: A measured course or a local loop around the roads near where you live could be your site to determine your beginning time and your progress. Choose a safe route that avoids maneuvering near traffic. Warm up, start the stopwatch, and off you go to time how long it takes to complete your circuit. Record your time to complete the circuit. If you keep a regular record as you train over several weeks, then this will be an indicator of how your training is going.

Measurable:

You need to be able to assess your progress toward your goals; preferably with numbers. Accurate feedback about how you are doing helps. You will accomplish this by measuring your distance, time and speed.



Click on the link below to create your own DIY Stationary Trainer:
<https://www.youtube.com/watch?v=2tA-fvTJGWE>

Introduction to a Variety of Cycling Disciplines

How Do I Become A Professional Cyclist? <https://www.youtube.com/watch?v=nnDQMUzlrDQ>

How to Start Mountain Biking: <https://www.youtube.com/watch?v=nnDQMUzlrDQ>

Intro to Track Cycling on Velodrome: <https://www.youtube.com/watch?v=OyRLTP4Ubww>

How to Start Mountain Biking: <https://www.youtube.com/watch?v=nnDQMUzlrDQ>

BMX for Beginners: <https://www.youtube.com/watch?v=danm2Kgxozo>

What is Cyclocross? <https://www.youtube.com/watch?v=z0IKtpXStfk>

A Road Cyclist's Introduction To 'Cross Cycling: <https://www.youtube.com/watch?v=SkfRLsOVbQE>

Exercise like an astronaut w John Charles & Taylor Green: <https://www.youtube.com/watch?v=n9PGDNkoF0k>

[SciArt Exchange Videos: https://www.youtube.com/channel/UCcWwSSXPD3kKUAS6GxCRcow](https://www.youtube.com/channel/UCcWwSSXPD3kKUAS6GxCRcow)

NATIONAL STANDARDS FOR k-12 GRADE PHYSICAL EDUCATION

standard 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

standard 2

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

standard 3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

standard 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

standard 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.