



## Materials and Methods

# Train Like a Pro Cyclist

---

- 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 or create your own log to track your eating habits to determine if you are eating healthy nutritious meals that will aid in your training.

# 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 that you can submit at the end of the project via the SciArt Exchange system, to share how you completed the activity. This is the link to the SciArt submission system for you to share what you have completed: [https://contest.sciartexchange.org/XpandYourHorizon-2020-001-design-your-habitat/entry\\_form/](https://contest.sciartexchange.org/XpandYourHorizon-2020-001-design-your-habitat/entry_form/).
- Some other ideas that you can do are to create and share a blog of your training journey 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.