

Chapter 1 COMMITMENT

At the base of the climb, which was 12 kilometers long, I started to look around and saw Ullrich, Pantani, Virenque, Riis, Escartin, and Jimenez – all in the top 10 of the general classification – and then me. I was hanging, I was there with these guys for the first time.

-- BOBBY JULICH, commenting on the moment in the 1997 Tour de France when he realized he was a contender

Talk is cheap. It's easy to have big dreams and set high goals before the racing starts. But the true test of a commitment to better racing results is not in the talking, but in the doing. It doesn't start with the first race of the season – it's all the things you do today to get stronger, faster, and more enduring. Real commitment means 365 days a year and 24 hours a day.

Talk to the best riders you know. Ask them about commitment. Once you probe past all of the “aw, shucks” stuff, you'll discover how big a role cycling plays in their lives. The better they are, the more you'll hear about life revolving around the sport. The most common remark will be that each day is arranged around training. It's a rare champion who fits in workouts randomly.

Racing to your potential cannot be an on-again, off-again endeavor. It's a full-time commitment – a passion. Excellence requires living, breathing, eating, and sleeping cycling every day. Literally.

The greater the commitment, the more life is centered around the basic three factors of training – eating, sleeping, and working out. Eating fuels the body for training and speeds recovery by replacing depleted energy and nutrient stores. Sleeping and working out have a synergistic effect on fitness: Each can cause the release of growth hormone from the pituitary gland. Growth hormone speeds recovery, rebuilds muscles, and breaks down body fat. By training twice daily and taking a nap, the dedicated rider gets four hits of growth hormone daily resulting in higher levels of

第1章 承诺

这是一段12公里长的上坡，在山脚下，我开始环顾四周并看到乌尔里希，潘塔尼，维廉切，里斯，斯卡丁及希门尼斯——全都是总排名前10位的高手——还有我。我没掉队！我是第一次跟这一帮人骑在一起。

——BOBBY JULICH，在1997年的环法赛中，当他意识到自己有机会争夺名次时的评论

嘴巴说说是毫不费力的。在比赛前拥有一个梦及设定很高的目标也很简单。但是真正对所承诺的更好比赛成绩的考验，不是靠说，而是靠做。它并不是从这个赛季的第一场比赛开始——它是你现在所做的所有使你变得更强壮，更快，耐力更好的所有事情。真正的承诺体现在一年365天和一天24小时。

和你知道的最好的车手交谈，听听他们关于承诺的看法。过滤掉那些“噢，什么！”之类的废话后，你会发现骑自行车在他们的生活中是扮演着多大的一个角色。他们越出色，你就会听到越多围绕运动的生活方式。最普遍的评论是每天的生活围绕着训练来安排。几乎没有哪个冠军没有计划地训练出来的。

要想在比赛中发挥出所有身体潜能，就不能三天打鱼，两天晒网。这是个永久性的承诺——是一种热情。卓越需要每天都按计划生活，呼吸，吃饭，睡觉及骑车。

承诺越大，生命就会越集中在训练的三项基本要素上——吃饭，睡觉及高强度训练。吃东西可以为训练补充体力，也可以补充消耗掉的能量和营养储备从而加速恢复。睡眠及高强度训练的协同作用能够提高身体素质：它们都能引起从脑垂体腺分泌生长激素。生长激素能加速恢复，再造肌肉，并且分解脂肪。如果每日训练两次，午睡一次，那么这个车手就能每天获得四次分泌生长激素的机会，从而较快地达到更高水平的身体素质。

fitness sooner.

In the final analysis, greater fitness is what we’re all after. It’s the product of three ingredients: stress, rest, and fuel. Table 1.1 illustrates how training, sleeping, and eating can be built into your day.

归根到底，更好的身体素质是我们的共同目标。它有三种成分：生理压力，休息，和补给。表 1.1 说明训练，睡眠，及吃饭如何在你的日常生活中建立。

	每日训练两次		每日训练一次	
	工作日	非工作日	工作日	非工作日
6:00 AM	起床	起床	起床	起床
:30	训练 1	吃饭	训练 1	吃饭
7:00		拉伸运动		拉伸运动
:30		个人事务		个人事务
8:00	吃饭		吃饭	
:30	淋浴	训练 1	淋浴	训练 1
9:00	工作		工作	
:30				
10:00				
:30		吃饭		
11:00		淋浴		
:30	吃饭	午睡		吃饭
12:00 PM	午睡	拉伸运动	吃饭	淋浴
:30	工作	个人事务	午睡	午睡
1:00		吃饭	工作	个人事务
:30		个人事务		
2:00				
:30		训练 2		
3:00	吃饭		吃饭	吃饭
:30	工作		工作	个人事务
4:00				
:30		吃饭		
5:00	下班	淋浴	下班	
:30	训练 2	小睡	个人事务	
6:00		拉伸运动		
:30	吃饭	个人事务	吃饭	吃饭
7:00	淋浴		个人事务	个人事务
:30	个人事务	吃饭		
8:00		个人事务		
:30	吃饭			
9:00	就寝	就寝	就寝	就寝

Table 1.1 Suggested Daily routines

表 1.1 建议的每天日常生活

This kind of commitment may not be for you. In fact, there comes a point at which each of us had to check our “want to” against our “have to”. Jobs, families, and other responsibilities can’t be forsaken for sport. Even the pros must consider other aspects of life. Those elements that contribute to making

你的承诺可能并不适合你。实际上，从我们每个人最终都必须面对并搞清楚哪些是“想要做”的事，而哪些是“不得不做”的。工作，家庭以及其他责任不能因为运动而被遗弃，即使是那些专业运动员也必须考虑到生活的其他方面。这些让你成为伟大车

you a great cyclist may detract from your being a great employee, mother, father, or spouse. Realistically, there have to be limits to passion; otherwise we'd soon alienate everyone who wasn't equally zealous and be reduced to slobbering zombies.

Change

What can you do to improve your fitness and race performances? The first thing is to make small changes in your life. Balance can be hard to achieve, but remolding daily activities by 10 percent in the direction of better cycling doesn't take much and can bring noticeable improvement. How about committing to hitting the sack thirty minutes earlier each night so that you're more rested? Another small daily change that could bring better results in healthier eating. Could you cut out 10 percent of the junk food every day, replacing it with wholesome foods? What you put in your mouth is the stuff the body used to completely rebuild and replace each muscle cell every six months. Do you want muscles made from potato chips, Twinkies, and pop; or from fruits, vegetables, and lean meat? What can you change?

The Cyclist's Training Bible can help you make some small changes that will bring big results. But what are the most important changes needed for success? What makes a champion a champion?

Attributes of Champions

Successful athletes and coaches ask two questions in their quest for peak athletic performance:

- What does science say?
- How do champions train?

Much of this book is based on answers to the first question, but the second is not less important. Often the top athletes are ahead of science when it comes to knowing what works

手的因素可能会使你无法成为一个好的雇员，母亲，父亲或者配偶。实际上，你必须适当控制骑车的热情；否则用不了多久我们就会疏远所有那些不象我们同样狂热的人，并退化成不近人情的怪人。

改变

为了改善身体素质和比赛成绩你能做些什么呢？第一个事情是在你的生活中做点小的改变。平衡可能很难获得，但是日常活动中朝着骑得更好的方向改变百分之十并不会没花费多少时间，却能带来显著的改进。比如每晚提早 30 分钟睡觉的承诺如何，这样你就能获得更多的休息？另一项能带来健康饮食习惯的小改变是：你能否每天少吃百分之十的垃圾食品，而代之以真正的食物呢？你吃进你嘴里的东西就是未来六个月里身体用来重造和替换每个肌肉细胞的原料。你希望你的肌肉是由炸薯片，奶油卷和爆米花组成的吗？或者是由水果，蔬菜和瘦肉所制成的呢？所有这些你能改变吗？

《自行车训练圣经》能帮助你作一些会带来大结果的小改变。但是哪些才是成功所需要的最重要的改变呢？是什么使冠军成为一名冠军呢？

冠军的属性

在寻求运动技能巅峰的过程中，成功的运动员和教练会问两个问题：

- 科学是怎么说的？
- 冠军是如何训练的？

这本书的大部分是基于第一个问题的答案，但是第二个问题并不是不重要，顶级运动员往往会走在科学前面，然后大家才知道什么方法有效，什么方法无效。运动科学家

and what doesn't. Exercise scientists become interested in some aspect of training because it seems to work for some athletes. Their studies are designed to determine why it's beneficial.

If we eliminate their individual abilities and boil the remainder down to the most basic elements, what is left are the attributes that bring success to the champions. I believe there are six such attributes: ability, motivation, opportunity, mission, support system, and direction.

Ability

Genetics have a lot to do with achievement in sport. There are some obvious examples: Tall basketball players, huge sumo wrestler, small jockeys, and long-armed swimmers are but a few. Such athletes were born with at least one of the physical traits necessary to succeed in their chosen sport.

What are the physical traits common to most of those who are at the pinnacle of cycling? The most obvious are strong, powerful legs and a high aerobic capacity (VO₂max). There are other physical traits that aren't quite as obvious. In order to climb hills, muscular power is another key trait. We can't see power in a rider in the same way we can see body mass or long arms. There are other physiological traits that define ability in cycling; including lactate threshold and economy (see Chapter 3 for details). These are somewhat determined by genetics, but they may also be improved by training.

So how much natural ability do you have? How close are you to reaching your potential? No one can say for sure. The best indicator may be how you've done in the sport in the past relative to your training. Good results combined with mediocre training usually indicate untapped potential. Excellent training with poor results is also revealing of potential.

If you are new to the sport with less than three years of racing, your results may not tell

之所以对训练的某些方面有兴趣，是因为它们似乎对某些运动员有效。他们的研究只是用于确定为什么它会有效。

如果我们排除他们个别的能力并且把剩余的部分归纳成最基本的要素，也就是那些使冠军们成功的特性。我相信总共有六种这样的特性：能力，动力，机会，任务，支持系统和方向。

能力

遗传学与运动成绩有许多的关联。明显的例子包括：身材高大的篮球运动员，体型巨大的相扑选手，身材矮小的赛马骑手，还有长臂的游泳选手但并不多见。这样的运动员天生具有至少一样生理特质，这种特质是他们选择的运动项目获得成功所需要的。

大部分顶尖的自行车车手所共同具有的生理特质是什么呢？最明显的是强壮有力的双腿和高的携氧能力(VO₂max)。还有其它一些不十分明显的生理特质。为了爬坡，肌肉的力量是另一种关键特性。我们不太容易看出骑手的力量，因为它不象长长的手臂或壮实的身体那样明显。有其他生理学特性来定义他们的骑行能力，包括乳酸阈值和运动效率（详细信息参见第3章）。这些因素部分程度上由遗传决定，但是也可能通过训练来加以改善。

那么你有多少天生的能力呢？你离你的潜能还有多远呢？没有人能肯定地回答。最好的指标或许是在你过去的训练中你是如何做的。平庸的训练产生好的训练结果通常表示潜能并未被开发。极好的训练却有糟糕结果也一样是潜能有待启发。

如果你是只有不到三年的比赛经验的新手，你的成果可能无法告诉多少你的能力和

you much about your ability and potential. In the first three years there are a lot of changes happening at the cellular level – changes that will eventually reveal a rider's ability. This means that even if someone new to the sport is successful, he or she may not continue to dominate. Other beginners may eventually catch up to and surpass the most successful novices. This is often due to the different rates at which the human body responds to training.

Some people are “fast responders” and others are “slow responders”. Fast responders gain fitness quickly because, for some unknown reason, their cells are capable of changing rapidly. Others take much longer, perhaps years, to realize the same gains. The problem for slow responders is that they often give up before reaping the benefits of training. Figure 1.1 illustrates the response curve.

潜能。在最初的三年有许多细胞级的变化在发生——这些改变终将显示出一个骑手的能力。这表明即使一个新手表现得很成功，他或者她也可能无法继续保持优势地位。其他初学者可能终将赶上并超越这些最成功的新手。这经常是由于人体对训练作出反应的速度不同所造成的。

有些人是“快速反应者”，而其它的人则是“慢速反应者”。由于一些未知的原因，快速反应者的细胞能迅速改变，从而可以很快地改善身体体质。而其它人则需要花较长的时间，或许几年，才能获得相同的成果。慢速反应者的问题是他们常常在收获训练成果之前就放弃了。图 1.1 展示了反应曲线。

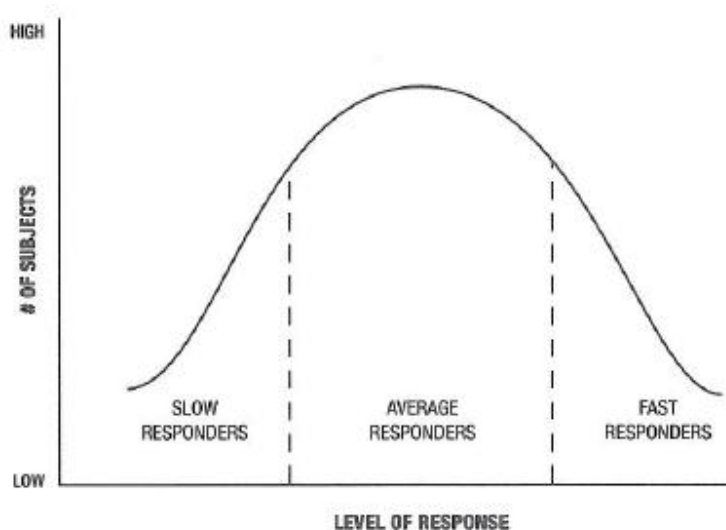


Figure 1.1 Theoretical bell-shaped curve indicating level of response to a given training stimulus

图 1.1 理论上的铃状曲线，表示对给定训练刺激的反应水平

Motivation

The highly motivated cyclist has a passion for the sport. Passion is generally evident in how much time is devoted to riding, caring for the bike, reading books and magazines about cycling, associating with other riders, and simply thinking about the sport.

动力

高度积极的自行车骑手都有一种运动的热情。热情一般反映在骑车的时间上，对自行车的关心上，读与自行车有关的书和杂志，同其他骑手交往，甚至只是想到运动。

Those who are passionate about the sport also frequently have a well-developed work ethic. They believe that hard training is what produces good results. Up to a point that is a valuable trait to have, as success does indeed demand consistency in training. The problem is that combination of passion for cycling and a strong work ethic sometimes leads to obsessive-compulsive training. These riders just can't stop riding. If they do, their sense of guilt can become overwhelming. For such athletes, training interruptions – such as injuries, business trips, or vacations – are emotionally devastating. This is because their training pattern may be disrupted, but their obsessive motivation is still intact.

This obsessive-compulsive trait is most common in riders who are new to the sport. They believe that they discovered the sport too late in life and need to catch up with others by training a lot. They also fear that if they stop training for even a few days that they may revert back to their former, unfit selves. No wonder overtraining is rampant among those in their first three years of racing.

Regardless of when in life you started or how burning your desire is to be good, it's critical that you view excellence in athletics as a journey, not a destination. You will never arrive at the point where you are fully satisfied with your performance. That's the nature of highly motivated people. So obsessive-compulsive training in order to achieve racing nirvana – where you can finally back off – is not going to happen. Once you realize this and take a long-term approach to training, your break-downs from overtraining, burnout, and illness will diminish, allowing you to achieve training with greater consistency and better race performances. You will also experience less mental anguish and frustration when the inevitable setbacks occur.

Cycling is a life-long sport to be enjoyed for what it brings to your life – superb fitness, excellent health, enjoyable times, and good friends. It is not an opponent to be subdued and conquered.

这些热爱运动的人也经常养成很好的“骑品”。他们相信只有艰苦的锻炼才会产生好的结果。在某种程度上这是一种值得拥有的品质，因为成功真的需要训练的持续性，但问题在于骑车的热情结合太强的“骑品”有时会导致过度的自我强迫的训练。这些骑手已经无法让自己停下来了。如果哪天不骑车，他们就会有负罪感。对这些运动员来说，训练中断——比如受伤，商务旅行，或度假——都会破坏他们的情绪。因为他们的训练模式可能要被打断，但训练热情却仍然高涨。

过度自我强迫的特征在新骑手中特别常见。他们觉得这项运动被他们发现得太晚了，所以需要加倍训练来赶超其他骑手。他们还害怕一旦停止训练，哪怕就几天，也可能使他们退回到原先的那种未锻炼时的状态，却没有想到过度训练的阴影会在头三年训练中一直都笼罩在他们头上。

不管你从多大年纪开始这项运动，也不管如何来燃烧你的欲望，最重要的是你要把运动生涯中的辉煌看做一段旅程，而不是终点。你永远不会达到让你完全满意的运动能力和状态，这就是高度积极的人的天性。所以靠过度的自我强迫训练来达到比赛能力的涅槃——然后你就可功成身退——完全是个幻想。一旦你认识到这些并有了一个长期的训练目标，那么被过度训练，力竭和生病所压垮的可能性就小多了，你就能更持久地坚持训练从而获得更好的比赛能力。而且如果不可避免地发生暂时性的能力退步的话，你的精神压力和挫折感也会小一些。

骑车是一生的运动，也会给你一生的快乐——超人的身体素质，极棒的身体，快乐的时光，以及很好的朋友，所以不要把它当作要压倒和征服的对手。

Opportunity

The chances are great that the best potential athlete in the world is an overweight, sedentary smoker. Right now, sitting in front of a television somewhere is this person born to be the world champion in cycling and to dominate the sport as no one ever has. At birth he was blessed with a huge aerobic capacity and all of the other physiological ingredients necessary for success. The problem is that he never had the opportunity to discover his ability, even though the motivation may have been there at one time. Maybe he was born into poverty and forced to work at an early age to help feed the family. Maybe he lives in a war-ravaged corner of the world where staying alive is the number one priority. Or perhaps cycling just never caught his attention and he instead found success in soccer or piano playing. We'll never know what he could have been because the opportunity never presented itself.

The lack of opportunity need not be so extreme to hold back your growth as a cyclist, however. If any of the following are missing, your opportunity to realize full potential may be compromised:

- A network of roads to ride on
- Terrain variety – flats and hills
- Adequate nutrition
- Good equipment
- Coaching
- Training partners
- Weight-room equipment
- Time to train
- Available races
- A low-stress environment
- Supportive family and friends

This list could go on and on – there are many environmental elements that contribute to your overall opportunity to achieve your potential in cycling. The greater your desire to excel, the more important it becomes to mold your lifestyle and environment to match your aspirations.

机会

世界上最具潜质的运动员很可能是那些身体超重，不喜欢活动的老烟鬼，这个天生就应该是自行车世界冠军并划时代地统治这项运动的人，现在就坐在世界的某个角落里看电视呢。从出生的那天起，上帝就给了他最好的摄氧能力，以及其它为了成功所必备的身体条件。可问题是他从来没有机会发现自己的能力，即使有一天他想这样做也不行。也许他天生贫穷，被迫早早地工作来养家糊口；也许他生活在战乱频仍的国家，保住性命已属不易；或者也许他从来就不关心骑车运动，而是醉心于足球或者弹钢琴什么的。因为机会女神不肯光顾，所以我们永远也无法知道他到底能够做出多大的成就。

当然，做为一个骑手你的成长过程中也许不会遇到这么极端的坏运气。但如果下列的条件无法满足的话，要想充分发挥你的潜力也许就会困难一些：

- 适合骑行的公路网
- 多样的地形 —— 平路和山峰
- 充足的营养
- 好的装备
- 教练指导
- 训练伙伴
- 健身房设备
- 训练时间的保证
- 能够参加的比赛
- 生活压力较小的环境
- 家人和朋友的支持

这个清单还可以一直拉下去 —— 还有很多环境因素会影响你完全发挥骑车的潜能。你越是渴望变得优秀，这些因素就会显得越重要，你也就越有必要改变生活方式和环境来适应你的雄心壮志。

Mission

When you think of champions such as Merckx, Hinault, LeMond, or Armstrong, what comes to mind? More than likely, it is winning the Tour de France. Why do you think of that? Probably because these athletes had a passion for winning the Tour that was, and is, evident for all to see. Their motivation to succeed was exceptional. They were willing to make any sacrifice, to ride any number of miles, to do any workouts deemed beneficial to achieving the goal. Approaching the peaks of their careers, riding was highly important in their lives. Everything else became just the details of life.

What you can learn from these champions is that motivation and dedication are paramount to achieving your dreams: The greater the dreams, the bigger the mission. Neither this book nor anyone else can help you choose dreams and become more dedicated. Only you can do that. I can tell you, however, that without passion, without a mission, you'll always be just another rider in the peloton.

Support System

The greatest rider with the biggest dreams will never become a champion without a support system – others who also believe in the mission and are committed to it. Surrounding champions are family, friends, teammates, director, coaches, soigneurs, and mechanics, all of whom are there to help the champion attain his or her dream. The rider becomes immersed in the we-can-do-it attitude. The mission is no longer singular – it becomes a group effort. Once this is achieved, success is 90 percent assured.

Do you have a support system? Do those around you even know what your goals, let alone your dreams, are? Is there a mentor or close friend with whom to share your challenges and vision? Again, this book can't

使命感

当你想到那些冠军们，Merckx, Hinault, LeMond, 以及 Armstrong 的时候，首先跳入脑海的是什么呢？很有可能是他们赢得了环法大赛。为什么你会想到这些呢？也许是因为这些运动员都有一种赢得大赛的激情，并且已经证明给了所有的人。很少有人有他们这样强的争取胜利的动机。他们愿意付出任何牺牲，无论骑多远的路程，无论做什么样的训练，只要这样做对达成目标是有利的。在他们努力接近事业的顶峰的过程中，骑自行车在他们的生活中是最最重要的，而其他的一切事情都变成生活中的细节。

你能从冠军们那里能学习到的是：动机和投入是达成梦想的最高原则：梦越大，使命就越多。这本书或其他任何人都不能帮助你去选择梦想，或变得更投入。只有靠你自己去做到。我只能告诉你，无论怎样，失去了热情和使命感，你将永远只是混在大集团军中的普通车手而已。

支持系统

如果没有支持系统——周围那些坚定相信你的使命并帮助你实践的人——的支持，即使有再大梦想的伟大车手也绝不能成为冠军。围绕在冠军周围的是家庭，朋友，队友，车队经理，教练，助理和机械师，所有这些人都在那里帮助冠军去实现他或她的梦想。车手会沉浸在一种“我们能做到”的氛围之中。他的使命已不再是他个人的事——它已经变成一种团体的努力。一旦能做到这些，那么你几乎已经成功了百分之九十了。

你有一个支持系统吗？那些在你周围的人可曾知道你的目标，更别提你的梦想了？可有一位良师或挚友来分享你的挑战和梦想吗？再说一次，这本书不能帮助你建立一个

help you develop a support system. Only you can do that. Support systems start with you offering to help others, perhaps teammates, attain their highest goals. Support is contagious. Give yours to someone else.

Direction

Champions don't train aimlessly. They also don't blindly follow another rider's training plan. They understand that the difference between winning and losing is often as slight as a cat's whisker. They know their training can't be haphazard or left to chance. Merely having a detailed plan provides confidence. It's the final, and smallest, piece in the quest for the dream. Without a plan, the champion never makes it to the victory stand.

This is where *The Cyclist's Training Bible* can help you. While this book offers the reader individualized, results-oriented, and scientific methods, following its program won't guarantee success. But if you already have some ability, the opportunity has presented itself, a mission is well-defined, and the support system is in place, you're practically there. This just may be the final and decisive element.

支持系统。只有你自己能做得好。支持系统的建立是从你帮助别人，或许队友，实现他们最高的目标时开始的。相互支持是有感染力的，去帮助别人吧。

方向

冠军是不会无目标的训练的。他们也不会盲目地遵循别人的训练计划。他们明白胜利与失败之间的差别往往只有猫的胡须那样细微。他们知道他们的训练不能毫无计划或靠运气。哪怕拥有一个详细的计划也能增加一些自信。它只是追求梦想的拼图中最后，也是最小的一片拼板。但如果没有计划，冠军将永远无法站上领奖台。

这就是自行车训练圣经能帮助你地方。虽然这本书介绍给读者的方法是个性化的，以结果为导向的，和科学的，但遵循这个程序不能保证一定成功。不过如果你已经具备一些能力，也得到一些机遇，还有一项明确的任务，支持系统也到位了，那你差不多就快成功了。这或许就是最后的决定性的一环。