

Chapter 2 SMART TRAINING

*You can't train luck.
-- EDDIE BORYSEWICZ
Renowned Polish-American cycling coach*

Why is it that some start their cycling career with little sign of physical talent and years later reach the pinnacle of the sport as elite amateurs or pros? Why are there others who excel at an early age, fizzle, and eventually drop out of the sport before realizing their full potential?

Those who persevere probably had talent all along, but it wasn't immediately evident. More than likely, the young athlete had a parent, coach, or mentor concerned about the long term. They probably wanted to see their protégé in full bloom, so they brought the athlete along slowly and deliberately.

The successful athlete's workouts may not have been the most scientific, but a sensible training philosophy was established early in his or her career. In contrast, the young cyclist who failed to make it as a senior may have been driven too hard by a parent or coach whose intentions were good, but whose techniques left something to be desired.

When I begin to train athletes, I start by getting to know them fairly well – but it still takes weeks to determine exactly how they should train. There are many individual factors to consider in developing an effective training program. A few of these factors are:

- Years of experience in the sport
- Age and maturational level
- How training had progressed in the long term
- Most recent training program
- Personal strengths and weaknesses
- Local terrain and weather conditions
- Schedule of important races
- Details of the most important races: duration, terrain, competition, previous results

第2章 聪明地训练

*你不可能靠运气训练。
——EDDIE BORYSEWICZ
著名的美籍波兰裔自行车教练*

为什么有些人在他们的自行车运动生涯刚开始时没表现出什么运动天赋，但几年之后就达到了巅峰状态成为业余精英或职业选手？为什么其它一些早期时相当杰出的人，在实现他们的全部潜能之前，就宣告失败，并且最终退出这项运动？

这些能坚持到底的人，或许从始至终就拥有这种天赋，只是并没有马上表现出来而已。极可能的是，年轻运动员有父母，教练或者导师的长期关心，他们也许想让手中的“小花”完全绽放，因此他们指导运动员时缓慢而谨慎。

成功的运动员，他们的训练或许不是最科学的，但却有一种从他或她的运动生涯早期就已确立了的合理的训练哲学。相反的，那些没有成为资深骑手的年轻人因为父母或教练的过度要求而失败了，虽然他们的初衷是好的，但是他们采取的方法不够令人满意。

当我开始训练运动员之前，我总是先彻底地了解他们——这需要花费数周的时间才能确信如何训练他们。在制定一套有效的训练计划过程中，必须考虑许多个人的因素。这些因素包括：

- 从事这项运动有几年的经验
- 年龄和成熟的程度
- 过去很长时期里如何进行训练的
- 最近的训练计划
- 个人的长处和弱点
- 当地的地形和天气状况
- 重要比赛日程
- 最重要比赛的细节：时长，地形，竞争对手，往届成绩
- 最近和现在的健康状况

- Recent and current health status
- Lifestyle stress (work and family issues, for example)

The list could go on and on. There are simply too many unknowns for me or anyone else to advise you on how best to prepare for competition. After all, right now no one knows you as well as you do. Only you can make such decisions. All that is needed are the tools. That's why I wrote *The Cyclist's Training Bible* – so that you might do a better job of self-coaching.

Systematic Training

This book is about systematic and methodical training. Some riders think of that as boring and would rather work out spontaneously. They prefer to train by the seats of their pants – no planning, no forethought, and minimal structure. I won't deny that it is possible to become a good rider without a highly structured system and method. I have known many who have been successful with such an approach. But I've also noticed that when these same athletes decide to compete at the highest levels, they nearly always increase the structure of their training. Structured systems and methods are critical for achieving peak performance. It won't happen haphazardly.

But it should also be pointed out that the system and methods described in this book are not the only ones that will produce peak racing performance. There are many systems that work; there are as many as there are coaches and elite athletes. There is no one "right" way – no system that will guarantee success for everyone.

There are also no secrets. You won't find any magic workouts, miracle diet supplements, or all-purpose periodization schemes. Everything in this book is already known and used by at least some cyclists. No coach, athlete, or scientist has a winning secret – at least not one that is legal. Many have developed effective systems, however.

- 生活压力（比如，工作方面，家庭方面）

这个清单还可以更长。我或其他人可以给你一些如何最好地准备比赛的建议，但我们有太多不了解的关于你的事情。归根结底，你是最了解你自己的人，只有你才配做这样的决定。你需要的只是工具。这就是我写这本书的原因——这样你就能更好地给自己当教练了。

系统化训练

本书主张系统化循序渐进地训练。有些骑手觉得这很无趣，宁愿依靠本能训练。他们喜欢根据屁股是否还愿意坐在车座上来决定如何训练——没有计划，不用预先安排，最简单的结构。我承认没有高度结构化的系统和方法也有可能成为优秀骑手，我就认识不少这样练出来的车手。但我也注意到同样是这些人，当他们决定从事最高级别的竞争时，他们往往都会增加他们训练的结构性。结构化系统和方法对达到竞技高峰状态非常重要，因为这种高峰状态不是碰巧发生的。

但同时也要指出，本书介绍的系统和方法不是达到巅峰竞技状态的唯一方法。有很多有效的训练系统，也有同样多的优秀教练和顶尖运动员。没有一种所谓“正确的”方法——没有一种系统能保证让所有人都能成功。

另外也没有什么所谓“秘诀”。没有什么神奇的训练课，奇迹般效果的补给品，或通用的周期性训练计划。本书讲的所有东西都是至少被一些骑手知晓并使用过的。教练，运动员和科学家都没有什么秘诀——至少没有合法的秘诀。但很多人都有一个有效的训练系统。有效的训练系统有广阔的综

Effective training systems are marked by comprehensively integrated components. They are not merely collections of workouts. All of the parts of effective programs fit together neatly, like the pieces of a complex jigsaw puzzle. Furthermore, there is an underlying philosophy that ties the parts together. All aspects of a sound program are based on this philosophy.

The Overtraining Phenomenon

Is there a relationship between fatigue and speed? Are there studies showing that if a rider gets really tired in training and does that often enough, he or she will get faster? Does starting workouts with chronically tired legs somehow improve power and other aspects of race fitness?

I pose these questions because so many athletes tell me that there's no improvement unless they feel at least a little sluggish all the time. But when I ask these same athletes why they train the answer is always, "To get faster for racing." Chronic fatigue is a strange way to get faster.

Recently I did a Web search of the sports science journals to see if any research has found a positive relationship between fatigue and athletic performance. Of the 2,036 studies I came across on these subjects, not a single one showed that an athlete performed better if he or she got tired often enough.

All of this leads me to believe that athletes who keep themselves chronically tired and leg weary must be making a mistake. Either that or they have a training secret. But I doubt it. More that likely the reason for their excessive training is a combination of an overly developed work ethic and obsessive-compulsive behavior.

In fact, there are a few athletes I have been unable to train for this reason. When I allow them to rest in order to go into a hard workout fresh, they interpret the lack of fatigue as a loss

合的组成部分，而不仅仅是训练课的集合。有效计划的各个组成部分相互咬合，就象一个复杂拼图的拼板一样。另外，在这背后还有一个潜在的基本原理成为把各个部分连接起来的纽带。一个不错的计划的各个部分都是建立在这个原理基础上的。

过度训练现象

疲劳和速度之间有联系吗？有没有研究证明，如果一个骑手在训练中非常的累并且经常这样，他或她是否会骑得更快？长期地拖着疲惫的双腿开始训练是否会在某种程度上增强力量或其他方面的身体素质？

我提出这些问题是因为有太多的运动员跟我说除非他们在训练时始终感到有点迟钝，否则就觉到训练毫无效果。但我问这些运动员为什么还要训练时，回答总是：“为了比赛时更快”。慢性疲劳能使你骑得更快？真是太奇怪了。

最近我对体育科学杂志坐了一次网上调查，想了解是否有研究表明疲劳和运动能力之间是否有积极的联系。在我所收到的全部2,036项研究中，没有一项显示如果运动员经常感到疲劳的话，他的运动能力能变地更好。

这些证据使我确信运动员让自己保持长期的疲劳及双腿疲劳一定是犯了错误。或许他们有训练的秘密。但是我保持怀疑。他们过度训练的原因可能是一种过度发展的骑行心态和强迫性的行为所结合。

实际上，确实有一些运动员，由于上述理由而使得我无法训练他们。当我为了进行下一个高强度训练而要求他们休息恢复的时候，他们却把身体不太疲劳解读为身体素质

of fitness and become paranoid. After a few episodes of their putting in “extra” intervals, miles, hours, and workouts, we part company. My purpose in coaching is not to help otherwise well-intentioned athletes keep their addiction going. I’d like to see them race faster, not just be more tired.

On the other hand, I have trained many athletes in a variety of sports on a program of less training than they were accustomed to. It’s amazing to see what they can accomplish once they fully commit to their actual training purpose – to get faster. When riders go into hard workouts feeling fresh and snappy the speeds and power produced are exceptional. As a result, the muscles, nervous system, cardiovascular system, and energy systems are all optimally stressed. Once they have a few more days of recovery to allow for adaptation, we do it again. And guess what – they are even faster.

Philosophy

The philosophy of training proposed in “The cyclist’s Training Bible” may seem unusual. I have found however, that if it is followed, serious athletes improve. Here is my training philosophy: An athlete should do the least amount of properly timed, specific training that brings continual improvement.

The idea of limiting training is a scary thought for some. Many cyclists have become accustomed to overtraining that is seems a normal state. These racers are no less addicted than drug users. As is the case with a drug addict, the chronically over trained athlete is not getting any better but still can’t convince himself or herself to change.

Read the philosophy statement again. Notice that it doesn’t “train with the least amount of miles.” Another way to state it might be “use your training time wisely.” For those of us with full-time jobs, spouses, children, a home to maintain, and other responsibilities, using training time wisely is more than a

降低，因而变成了妄想狂。他们会自行加码搞些额外的间歇训练，或多骑几公里，几小时。这样搞过几次之后，我们之间就不再来往了。我的辅导目的不是为了帮助那些有良好意愿的运动员继续他们的迷思，我喜欢看见他们比赛时更快，而不是更疲倦。

另一方面，我曾经训练过许多各种运动项目的运动员，我制定的训练量往往比他们所习惯的训练量还低。当完全实施了实际的训练目的后，他们所能达成的结果是非常令人吃惊的——变得更快速。当骑手们在进行艰苦的训练时仍感觉新鲜爽快时，他们会爆发出意想不到的速度和力量。这时肌肉，神经系统，心血管系统和供能系统都在适当压力下达到最佳状态。现在给他们几天的时间恢复来适应新的变化，然后再次进行相同的训练。你猜怎么着——他们甚至比以前更快了。

训练哲学

《自行车训练圣经》所提出的训练哲学似乎不太寻常。但是我发现，如果它的原理被确实遵循，运动员真的会进步的。我的训练哲学就是：一个运动员应该为获得可持续的进步而进行最少量里程数的，精心计划的和特定的训练。

有节制训练的想法对某些人来说太可怕了。许多骑手已经习惯于过度训练，并把这当做一种常态。这些选手象吸毒者一样沉迷于这种状态。和瘾君子一样，长期过度训练的运动员没法变得更出色，但是就是没有办法去说服自己做一些改变。

再读一遍我的训练哲学。注意了，如果它不是以“以最少里程数来训练”，那另一种陈述方式，或许就是“聪明的善用你的训练时间”。对于有全职的工作，配偶，孩子，维系一个家庭和许许多多的责任的我们来说，善用训练时间不止是为了训练，而是

philosophy; it's a necessity.

What this means is that there are times when it's right to do higher volume training, but not necessarily the highest possible. This is usually in the Base (general preparation) period of training. There are also times when high volume is not wise, but faster, more race-specific training is right. These are the Build and Peak (specific preparation) periods. (Periods are explained in Chapter 7.)

While it seems so simple, there are many who can't seem to get it right. They put in lots of miles when they should be trying to get faster. And when they should be building a base of general fitness, they're going fast – usually in group hammer sessions.

So what do you use to gauge your progress – how tired you are or how fast you are? If it's the former you're doomed to a career of less-than-stellar racing. Once you figure out that fatigue gets in the way of getting faster and you make the necessary changes, you'll be flying.

The 10 commandments of Training

To help you better understand this training philosophy I have broken it down into the “10 Commandments of Training.” By incorporating each of these guidelines into your thinking and training, you'll be following this philosophy and getting a better return on your time invested. Your results will also improve regardless of your age or experience.

Commandment 1 – Train Moderately

Your body has limits when it comes to endurance, speed, and strength. Don't try too often to find them. Instead, train within those limits most of the time. Finish most workout feeling like you could have done more. It may

生活必需的。

这就是说：进行较大量的训练是正确的，但不一定要达到可能的最大量。这通常发生在训练的基础期(一般的准备阶段)。但同时有时候大量的训练并不聪明，而是应该把重点放在更快的速度，更多的针对比赛的训练上。这发生在发展期和高峰期(特殊的准备项目)。(周期在第7章中有解释.)

看上去似乎如此简单，但却有很多人无法正确的实施它。比如，当他们应该设法提高速度时，他们却增加许多骑行的里程数。或者当他们应该建立身体素质基础时，他们却骑的非常的快——通常发生在团队训练的时候。

因此你如何来评估你的进步呢？——以你有多累或是以你有多快？如果是前者的话你将注定要成为一个二流车手。一旦你能领悟到疲劳会阻碍你的速度并且做出必要的改变，你将开始起飞。

训练“十诫”

为了帮助你更好理解我的训练哲学，我将它细分为下列的训练“十诫”。通过把这些指导方针融入你的思想及训练中，你将学会如何遵循这些原理并且从你投入的时间中获得更多的回报。不管你的年龄或者经验如何，你都会获得进步。

诫律1——适度地训练

对于耐力，速度和力量，你的身体是有极限的。不要经常去尝试达到这些极限。恰恰相反，在大部分的时间里你要在这些极限内训练。在大多数的高强度训练完成后，你都应该感觉好像还有余地尚未发挥。这可能意味

mean stopping a session earlier than planned. That's okay. Do not always try to finish exhausted.

Muscles will only contract forcefully a certain number of times before they refuse to pull hard again. When glycogen, the body's storage form of carbohydrate energy, begins to run low, no amount of willpower can fuel the body. Slowing down is the only option. If such limits are approached frequently and over a long enough period of time, the body's ability to adapt is exceeded, recovery is greatly delayed, and training consistency is interrupted.

The biggest mistake of most athletes is to make the easy days too hard, so when it comes time for a hard training day, they can't go hard enough. This leads to mediocre training, fitness, and performance. The higher your fitness level, the greater the difference between the intensities of hard and easy days.

Many cyclists also think that pushing hard all the time will make them tough. They believe that willpower and strength of character can overcome nature and speed up their body's cellular changes. Don't try it – more hard training is seldom the answer. An organism adapts best when stresses are slightly increased. That's why you've often heard the admonition to increase training volume by no more than 10 percent from week to week. Even this may be high for some.

By progressing carefully, especially with intensity, you'll gradually get stronger and there will be time and energy for other pursuits in life. An athlete who enjoys training will get far more benefits from it than one who is always on the edge of overtraining.

The self-coached cyclist must learn to think objectively and unemotionally. It should be as if you are two people – one is the rider and the other is the coach. The coach must be in charge. When the rider says, "Do More," the coach should question whether that's wise. Doubt is a good enough reason to discontinue the session. When it doubt – leave it out.

着比计划中的训练周期更早地停止——这没关系，不要总是训练到力竭。

肌肉在强力收缩一定次数之后将无法再继续强力收缩。当糖原——体内储存的碳水化合物能量——慢慢耗尽时，无论多强的意志力都无法补充身体所缺乏的能量。减速是唯一的选择。如果频繁且长期地接近这种身体极限，身体将很难适应这种压力，于是就需要更多的时间来恢复，这样训练的连贯性将会被打断。

大多数运动员所犯的最大错误就是：在该轻松的时候太刻苦，结果到真正的刻苦训练日来临时，他们又无法达到所要求的强度。这将导致平庸的训练，身体素质和成绩。你的身体素质越高，在刻苦日和轻松日的训练强度的差别就越明显。

很多骑手也都认为不停地逼迫自己锻炼能够变得更强壮。他们相信意志力和坚强的个性能战胜自然并且加速身体细胞的变化。千万别去尝试——答案几乎不可能是更刻苦的训练。生物体最适应的是压力慢慢地提高的状况。这就是为什么你会经常听到这样的警告：那就是周与周之间增加的训练量不能超过百分之十——即使这个增量对某些人来说也可能太高了。

小心地慢慢加码——尤其是在强度上——能使你逐渐变得更强壮，并且空出时间和体力去追求生活中其他乐趣。与总是在过度训练的边缘上挣扎的人相比，享受训练的运动员能获得更多的回报。

自我指导的骑手必须学会客观地思考，不能感情用事。这就好比有两个“你”——一个是“骑手”的你，而另一个则是“教练”的你。“教练”必须负责任：当“骑手”说“再多骑一些”时，“教练”要质疑这么做是否明智。怀疑是让训练停下来的好理由。当怀疑产生时——就停止吧。

Do every workout conservatively, but with a cocky attitude. When the coach stops the hill repeats as just the right time, and the rider says, "I could have done more," stopping is not a loss – It's a victory.

Commandment 2 – Train consistently

The human body thrives on routine. Develop a training pattern that stays mostly the same from week to week – regular activity brings positive change. This does not mean do the same workout every day, week after week. Variety also promotes growth. Later in this book you'll see that there are actually slight changes being made throughout the training year. Some of the changes are seemingly minor. You may not even be aware of them, as when an extra hour is added to the training week during the base-building period.

Breaks in consistency usually result from not following the Moderation Commandment. Overdoing a workout or week of training is likely to cause excessive fatigue, illness, burnout, or injury. Fitness is not stagnant – you're either getting better or getting worse all the time. Frequently missing workouts mean a loss of fitness. This doesn't mean, however, you should work out when ill. There are times when breaks are necessary. For example, what choice do you typically make when you:

- Feel tired, but have a hard workout planned?
- Are afraid of losing fitness while taking time off even though you feel wasted?
- Believe your competition is putting in more training time than you?
- Feel like your training partners are riding too fast?
- Sense there is only one interval left in you?
- Think you could do more, but aren't sure?
- Have a "bad" race?
- Seem to have hit a plateau or even lost fitness?

If your personal philosophy is "more is better," you will answer these questions

每次高强度训练时都以自信的态度有所保留。当教练在适当的时间要求停止爬坡训练，而骑手说“我还能再来几次”时，这种停止不是失败——而是一种胜利。

诫律 2 —— 连贯地训练

人体在重复性的训练中逐渐茁壮，所以需要制定一种在周与周之间内容大致相同的训练模式——因为有规律的活动会带来正面的改变。这并不说每天或每周都做相同的训练，变化也能带来提升。在本书以后章节中你会看到：实际上在整个训练年度中贯穿着细微的变化，有些改变似乎微不足道。你或许无法察觉它们，比如在基础期每周训练中增加一小时的训练时间。

训练的连贯性被打破，通常是因为无法遵守“适度训练”的诫律。过分高强度的训练或训练周可能会引起过度的疲劳，生病，力竭或者受伤。身体素质是不会停滞的——你要么变得更强大，要么变得更弱。经常错过高强度训练代表体能的退步。这并不是意味着，你必须在生病时照样做高强度训练。经常休息是必要的。例如，当下列情况发生时你会如何选择：

- 感到疲倦，但按计划却要做高强度训练？
- 按计划休息但却害怕会引起身体素质退步，即使你感到这是浪费时间？
- 相信你的竞争对手正投入比你更多的训练时间？
- 感到你的训练伙伴怎么骑得这么快？
- 间隔训练时感觉怎么还没到最后一次间隔啊？
- 感觉还能骑更久，但又不确定？
- 比赛感觉太糟了？
- 遭遇低谷期甚至身体体质降低？

如果你的训练哲学是“多多益善”，那么你会

differently than if it is “do the least amount of properly timed, specific training that brings continual improvement.” Do you see the difference?

This is not to say that you shouldn't do hard workouts or that it isn't necessary to push the limits on occasion and experience fatigue as a result. It's obvious that if coming close to your riding potential is your goal, then you must often face and conquer training challenges. The problem arises when you don't know when to back off, when to rest, and when to do less than planned. The inevitable consequences of “more is better” are burnout, overtraining, illness, and injury. Extended or frequent downtime due to such problems inevitably results in a loss of fitness and the need to rebuild by returning to previous, lower levels of training. Riders who experience these problems with some regularity seldom achieve their potential in the sport.

Training consistently, not extremely, is the route to the highest possible fitness and your ultimate racing performances. The key to consistency is moderation and rest. That may not be what you want to hear about in a book on training, but read on to better understand how consistency will make you faster.

Commandment 3 – Get adequate Rest

It's during rest that the body adapts to the stresses of training and grows stronger. Without rest there's no improvement. As the stress of training increases, the need for rest also accumulates. Most cyclists pay lip service to this commandment; they understand it intellectually, but not emotionally. It is the most widely violated guideline. You will not improve without adequate rest.

What's the first aspect of daily life most athletes cut back on when they are pressed for time and feel the need to fit in a workout? The answer is sleep. They get up earlier or go to bed later in order to wedge more into each day.

对以上问题的回答将会与那些持“通过最少量里程数的，精心计划的和特定的训练来达到持续的进步”的人大相径庭。你看到这种差别了吗？

这并不是说你不应该去做艰苦的高强度锻炼，或者偶尔达到体能的极限并体验极度的疲劳。很显然，如果你的目标是接近你骑行能力的极限，那么你必须经常面对并战胜训练的挑战。问题是你不知道什么时候该退却，什么时候该休息，什么时候该调整计划。“多多益善”将不可避免地导致力竭、过度训练、生病和受伤，由此而导致的长期或频繁的停训又进一步导致身体素质变差，而重建身体素质又必须回到前期的，较低级别的训练阶段。所以吃过这种苦头并总结出规律的车手很少会运动过程中冲击他们的潜能极限了。

连贯地，而不是极端地训练，是通往你的最好身体素质和终极比赛状态的大道。而连贯性的关键是适度和休息。这或许不是你想从本书中看到的有关训练的内容，但是请继续阅读并体会为什么连贯性能使你骑得更快。

诫律 3 —— 充分地休息

身体只有通过休息才能适应训练的压力并且变得更强壮。没有休息就没有进步。当训练的强度增加时，对休息的需要也就更殷切。大多数的车手都只是口头上赞成这条诫律；理智上接受，但感情上不接受。这是一条被违反地最广泛的指导方针。没有足够的休息，你将无法进步。

因为时间所迫和为了配合训练的需要，大多数运动员会优先削减哪一部分的日常生活时间呢？答案就是睡眠。他们提早起床或者很晚才睡觉，从而为每天的行程中塞进更多的东西。

The problem with this way of “creating” time is that it compromises recovery and adaptation. It’s during rest, especially sleep, when the body mends and grows stronger. While we sleep, human growth hormone is released in spurts. If our time spent snoozing is shortened, it takes us longer to recover and our consistency in training suffers. Glycogen stores aren’t fully replenished between workouts, leading to decayed endurance performance over several days. Damaged cells take longer to heal, raising the risk of injury and illness. If the training workload remains high despite decreased sleep time, overtraining becomes a real threat. Burnout is waiting just around the corner. Most athletes need seven to ten hours of sleep daily. Professionals, with few other demands on their time than training, usually include naps to get their daily dose. The rest of us need to get to bed early every night. The younger you are, the more rest you need. Junior riders should be sleeping nine to ten hours daily.

Refer back to Table 1.1, Suggested Daily routines, to determine a daily schedule that will ensure you get adequate rest every day. Until you establish a schedule, you’re not really training – you’re playing on a bike.

这种“节约”时间的办法的问题是它减少了恢复和适应的时间。只有在休息尤其是睡觉时，身体才会自行修补并且变得更强壮，睡觉时人体才会分泌生长激素。如果睡觉或打盹的时间被缩短了，我们将花更长的时间去恢复，这样训练的连贯性就会受影响；如果高强度训练之间的休息期糖原无法充分补充，经常这样就会导致耐力水平的衰退；如果损坏的细胞需要更长的时间复原，这就提高运动伤害及生病的风险；如果不理睬睡眠时间的缩短而依旧保持高训练量，过度训练就将成为一种真正的威胁，力竭也会正在附近等着你。大多数运动员每天需要7到10个小时的睡眠。对专业运动员来说，相比于训练的不同要求，在睡眠方面几乎没有什么区别，一般来说会通过包括打盹，午睡等方式来达到每天要求的睡眠时间，我们则需要每天早点上床。你的年纪越小，你就需要越多的休息。年轻的车手每天应该睡眠九到十个小时。

参考前面的表 1.1 对日常活动的建议，确定一张能保证你每天得到足够休息的日程表。在你建立这张日程表之前，你都不是在真正地训练——而只是在玩车。

AND TO ALL A GOOD NIGHT

Quality of sleep may be improved by:

- Going to bed at a regular time every night, including the night before races
- Darkening the room in the last hour before bedtime and narrowing your focus by reading or engaging in light conversation
- Sleeping in a dark, well-ventilated room that is 60 to 64 degrees Fahrenheit (16 to 18 degrees Celsius)
- Taking a warm bath before bed
- Progressively contracting and relaxing muscles to induce total body relaxation
- Avoiding stimulants such as coffee and tea in the last several hours before going to bed
- Restricting alcohol (which interferes with sleep patterns) prior to retiring

Sidebar 2.1

愿所有的人做个好梦

睡眠的质量可通过下列方式改善：

- 每天晚上在规定的时间内上床睡觉，包括在比赛的前一晚
- 在就寝前一个小时把房间变暗，并通过阅读或轻声交谈来缩小你的注意力
- 睡房要黑暗，通风良好，温度最好在摄氏 16 度到 18 度之间。
- 在睡前洗个温水澡
- 逐步地收缩和放松肌肉，以达到全身性的放松
- 在上床睡觉前几个小时，避免喝咖啡和茶之类刺激性的饮料
- 睡觉前禁止喝酒(干扰睡眠模式)

工具栏 2.1

Commandment 4 – Train with a plan

诫律 4——有计划地训练

This is fundamental to improvement in almost any endeavor of life, yet few self-trained athletes do it. Sometimes I find riders who use a sound plan from a magazine, but as soon as a new issue comes out, they abandon the old plan and take up a new one. Most people will improve if they follow a plan – any plan. It can be of poor design, yet still work. Just don't change it.

This book is all about planning. In Part 4 you will learn about annual training plans and weekly scheduling routines. This is the section you will come back to year after year as you plan for the next season.

Realize that all plans can be changed. Yours will not be chiseled into stone. It takes some flexibility to cope with the many factors that will get in your way. These may include a bad cold, overtime at work, unexpected travel, or a visit from Aunt Jeanne. I have yet to coach an athlete who didn't have something interfere with the plan. Expect it, but don't be upset. Roll with the punches and change the plan to fit the new situation.

这几乎是生活中任何改变现状的努力的基础，然而自我训练的运动员却很少去做。我常常发现有骑手从杂志上找到个看上去不错的训练计划然后照着实施，但当出现问题时，他们就放弃原来的计划转而实施另一个新的计划。其实不管是什么计划，只要始终贯彻如一，大多数人都会获得进步。这个计划可能设计很糟糕，但它仍然有效，只是千万别变来变去。

这本书讲的全是计划。在第4部分你将学到年度训练计划和每周例行训练。这一部分是你年复一年地为下个赛季制定计划时都需要复习和参照的。

你必须意识到所有的计划都是活的，你的计划也一样不是板上钉钉。训练计划必须包含一些弹性以应付众多的妨碍因素。这些可能包括重感冒，加班，意外的旅行，或者亲戚的拜访。我所训练过的运动员没有一个能够不受任何事情的干扰来完成计划的。期待归期待，但是不要失望。顺势而为并且调整计划以适应新的形势。

Commandment 5 – Train with Groups Infrequently

诫律 5——不要经常跟团队训练

There's a real advantage to working out with others – sometimes. Pack riding develops handling skills, provides experience with race dynamics and makes the time go faster. But all too often, the group will cause you to ride fast when you would be best served by a slow, easy recovery ride. At other times, you will need to go longer or shorter than what the group decides to ride. Group workouts too often degenerate into unstructured races at the most inopportune times.

有时与别人一起训练确实有好处。团队骑行可以锻炼控车技术，还能体验比赛时的感觉，时间也过得飞快。但如果经常这样的话，团队会让你总是骑得太快，而这时你也许最需要慢速的，轻松的恢复性骑行。而另外一些时候，你也许需要骑比团队所确定的里程数更长或者更短的距离。团队式的训练经常在最不合适的时候把训练变成计划外的比赛。

For the winter base-building period, find a group that rides at a comfortable pace. During the spring intensity-building period, ride with a group that will challenge you to ride fast, just

在冬天的基础期，找一个车速舒适的团队一起骑。在春天的发展期，与那些在比赛中能挑战你的骑行速度的团队一起骑。聪明

as when racing. Smart and structured group rides are hard to find. You may need to create your own. Stay away from big packs that take over the road and are unsafe. You want to get faster, not get killed. Use groups when they can help you. Otherwise, avoid them.

Commandment 6 – Plan to peak

Your season plan should bring you to your peak for the most important events. I call these “A” races. The “B” races are important too, but you will not taper and peak for these, just rest for three to four days before. “C” races are tune-ups to get you ready for the A and B races. A smart rider will use these low-priority races for experience, or to practice pacing, or as a time trial to gauge fitness. If all races are A-level priority, don't expect much for season results.

This book will show you how to peak for A races two or more times in a season. Each peak may last for up to a couple of weeks. You will still race between peaks, but the emphasis will be on re-establishing endurance, force, and speed skills to prepare for the next peak.

Commandment 7 – Improve Weaknesses

What do riders with great endurance, but not much speed, do the most of? You guessed it – endurance work. What do good climbers like to do? Not surprisingly, they like to train in the hills. Most cyclists spend too much time working on what they're already good at. What's your weakest area? Ask your training partners if you don't know. I'll bet they do. Then spend more time on that area. *The cyclist's Training Bible* will help identify your weaknesses and teach you how to improve them. Understanding your “limiters” is critical to your success in racing. Pay close attention whenever you run across that term here.

且有组织的车队是很难找的。你可能需要为此建立你自己的圈子。离那些大团队远点，他们占据整个道路并且很不安全。你只是想骑的更快而不是想找死。当团队能帮助你时才使用他们，否则的话就避开他们。

诫律 6——有计划地到达高峰期

你的赛季计划应该让你在最重要的赛事时达到高峰期。我称之为“A”级赛事。“B”级赛事也很重要，但是你用不着为了这些赛事调整训练量从而让自己达到高峰期，在赛前休息3—4天即可。而“C”级赛事则只是为“A”和“B”级赛事调整最佳状态的一些插曲，聪明的骑手会利用这些低优先级比赛来积累经验，练习节奏，或者把它当作评估体质的一次个人计时赛。如果把所有的赛事都视为“A”级，那就别指望赛季能有好成绩了。

这本书将告诉你如何在一个赛季中为A级赛事达到两次或更多次高峰期。每次高峰期大约可持续几个星期。在两个高峰期之间的阶段你仍可以比赛，但重点放在重建耐力，力量和速度技巧上，从而为下一个高峰期作好准备。

诫律 7——改进弱项

一个拥有极佳耐力但速度不快的骑手，最常做什么？你猜对了——是耐力训练。爬坡好手最喜欢做什么？毫无悬念，他们喜欢爬山。大多数骑手在他们已经很强的强项上花了太多时间。那么什么才是你最弱的弱项？如果你还不知道就问一下你的队友，我敢打赌他们一定知道。然后你就要在这些弱项上多花些时间。《自行车训练圣经》会帮助你找出弱项并且教你怎样改进它们。了解你的限制因素是让你在比赛中成功的关键，所以请特别留意书中关于这方面的内容。

Commandment 8 – Trust Your Training

Few of us trust our training when it comes time to race. There's a great fear as the big race approaches that we haven't done enough, so we train right up to race day. I've seen people the day before an important race go out for a long ride or compete in a hard race because they think it will help. It takes 10 to 21 days of reduced workload for the human body to be fully ready to race, depending on how long and hard the training has been. Cut back before the big races, and you'll do better. Trust me.

Commandment 9 – Listen to Your body

In the early 1990s after the fall of the Berlin Wall, I attended a talk by the former head of the East German Sports Institute. After conceding that East German athletes had indeed used illegal drugs, which he felt was a minor aspect of their remarkable success, he went on to explain what he saw as the real reason for their great number of Olympic medals. He described how elite athletes lived regulated lives in dormitories. Every morning, each athlete met with a group of experts – an event coach, a physiologist, a doctor or nurse, and a sports psychologist, for example. The group checked the athlete's readiness to train that day and made adjustments as necessary to the schedule. In effect, they were listening to what the athlete's body was saying. The athlete trained only to the level they could tolerate that day. Nothing more.

It could be nice if each of us could afford such attention. We can't, so we must learn to listen to our bodies for ourselves. If you listen to what the body is saying, you'll train smarter and get faster. Cyclists who train smart always beat athletes who train hard. *The cyclist's Training Bible* will teach you how to hear what your body is saying every day – and train smart.

诫律 8——相信你的训练

每当比赛临近时，很少有人对自己的训练有自信。当大型比赛临近时，我们就感到还有很多事没做好的巨大恐惧，然后就拼命训练直到比赛那天。我看到过有人在一场重要比赛的前一天出去做长距离骑行，或参加一场艰苦的比赛，因为他们觉得这样对比赛有帮助。人体需要 10 到 21 天的逐渐降低训练量的过程来为比赛完全做好准备，具体时间取决于训练的时间及强度。在大赛前减少训练量，肯定对你有好处。相信我。

诫律 9——听从你的身体

20 世纪 90 年代初，在柏林墙倒塌之后，我参加了一次与东德体育学院的前领导的会谈。他承认东德运动员确实使用过违禁药物，但他认为这只是造就他们惊人的成功的次要方面。他接着解释了他所认定的收获大批奥运会奖牌的真正原因。他描述了那些杰出运动员在宿舍中的生活规律。每天早上，运动员与一组专家会面——例如一名运动项目的教练，一位生理学家，一位医生或者护士，再加一个运动心理学家。这个小组检查运动员的状态是否适合当天的训练，并根据情况对训练计划做必要的调整。实际上，他们是倾听运动员的身体正在说什么。运动员只训练到他们当天的身体所能经受得住的强度，仅此而已。

如果我们每个人都能负担得起这样的照料，那该多好啊。为其不能，所以我们必须学会倾听自己的身体。如果你听从了身体所说的话，你的训练会变得更聪明并且会让你骑得更快。聪明训练的骑手总是能击败埋头苦练的骑手。《自行车训练圣经》会教你怎样倾听你的身体——以及如何聪明地训练。

Commandment 10 – Commit to Goals

If you want to race faster, faster, and stronger this season you need to train differently and may even need to make changes in your lifestyle. What could be holding you back? Is it too little sleep? Maybe you need to go to bed earlier. Or perhaps you eat too much junk food. You may benefit from putting in more time in the weight room during the winter to build greater force. Maybe your training partners are holding you back.

After you set your goals in a later chapter, take a look at them and determine how they relate to your lifestyle and training. Determine that if change is needed, you can do it. Only you can control how well you race. It's time to put up.

Striving for peak performance is a 24-hour-a-day, 365-day-a-year task. Racing at the highest possible level demands a full-time commitment that is not just training-related. The higher the goals, the more life must revolve around eating, sleeping, and working out. Eating nutritious food fuels the body for training and helps speed recovery by replenishing depleted energy and nutrient stores and by providing the building blocks for a stronger body. Sleeping and working out have a synergistic effect on fitness.

Every day you have lifestyle choices to make about diet, sleep, and other physical and mental activities. The decisions you make, often without even thinking, will impact how well you ride.

A fully committed rider is a student of the sport. Read everything you can get your hands on. Talk with coaches, trainers, athletes, mechanics, race officials, sales-people, and anyone else who may have a unique perspective. Ask questions, but be a bit skeptical. If you're to grow as an athlete, change is necessary. Other knowledgeable people are often the sources for this change.

诫律 10——对目标的承诺

如果你想要在这个赛季的比赛中骑得更远，更快，更有力，那么你可能需要改变训练方式甚至于改变生活方式。有什么可能阻止你呢？睡眠不足吗？那么也许你可以更早一点上床睡觉；或者也许你吃了太多垃圾食品？或许在这个冬季，你可以在健身房投入更多的时间从而练就更强的肌肉力量。或许你的训练伙伴正在拖你的后腿？

在以后章节里，当你确定目标之后，重温一下并且确定他们怎样与你的生活方式和训练相关联。如果这些变化是必须的，要确信你能做的到。只有你自己能控制你的比赛。是付诸实施的时候了。

为达到运动能力的高峰所作的努力是件每天 24 个小时，每年 365 天的任务。在尽可能高水平的赛事中比赛需要全天候的承诺，而不只是与训练相关的事。目标越高，日常生活就越多地以吃，睡，和高强度训练为中心。吃营养丰富的食物能够补充身体在训练中损耗的能量和营养储备，并为建立更强壮的身体组织提供原料，从而帮助身体快速恢复。睡眠与高强度训练有机结合能够提高身体素质。

每天你都面临关于饮食，睡眠及其他生理和精神活动的生活方式的选择，你所做的这些选择，多半是不加思索的，但都会对你的骑行能力产生影响。

一个对承诺完全负责的骑手总是在学习运动方面的知识。阅读所有能拿到手的东西，与教练，训练师，运动员，机械师，比赛官员，推销商以及所有可能拥有独特观点的人交谈。虚心请教，但都保持一点怀疑。如果你要成为一名运动员，变化是必须的，这些有见地的人们经常是你变化的来源。

The Cyclist's Training Bible (3rd edition)
Chapter 2 SMART TRAINING

Training to improve includes keeping a training log. Record workout details, perceptions of effort, stress signals, race results and analyses, signs of increasing or decreasing fitness, equipment changes, and anything else that describes your daily experience. It may all prove helpful down the road. Most athletes also find that keeping a log provides them with a sharper training focus and more rapid growth toward their goals.

Each of us has a comfortable level of commitment. There are times when we need to check our “want to” against our “have to.” Jobs, families, and other responsibilities cannot be forsaken just to ride a bike. Passion must be restrained or we’ll quickly alienate others who aren’t equally zealous – we will become “cycling bums.”

自行车训练圣经（第三版）
第2章 聪明地训练

在训练中保持一本训练日志，记录高强度训练的细节，努力的感觉，身体压力的信号，比赛结果和分析，身体素质增加或者减退的迹象，装备的改变，以及其它所有对每日经历的描述。在将来这些记录都可能会派上用场的。很多运动员都发现保持训练日志能帮助他们更敏锐地抓住训练重点，并更迅速地对准他们的目标来发展。

我们每个人对承诺都有合适的实现程度。有时候我们需要把我们“想要做的”和“必须做的”相对照。工作，家庭和其他责任不能因为骑车而被放弃，激情必须有所节制，否则我们很快就会疏远那些不具有同样热忱的人们——我们将变成“只知骑车的傻子”。