



TIPS FOR ULTRASKATE

TRAINING-

Heart rate based training, building a solid endurance base. 130-140 HR tides. Never go over 150 HR.

Riding multiple times a week for an hour is better than big 2-3 hour blocks. At some point your mileage for the week has increased that you have to do longer than a 1 hour ride.

2 to 3 week blocks of 10-20% increase in total cumulative miles a week.

1 Dress rehearsal ride at the end of each block. 3-4 hours @ pace you want to ride during ultraskate. (ride pace not HR for this one) notes, give yourself a few days rest before starting your next block.

Example- Block 1; W1- 30 miles total for the week. W2- 33 to 36 miles total for the week. W3- 39 to 43 miles a week. W4- Dress rehearsal ride.

Block 2: W1 will start with mileage of last Block W2 total.

Figure out how many blocks you can accomplish till Jan 16th, 2 weeks before Miami Ultraskate.

Taper; reducing your mileage to let the body recuperate. 2 Weeks out- Do initial mileage from Block 1, W1. Week of Ultra, fun rides and prepare to travel.

NUTRITION-

(For athletes attempting to skate 24 hours without stopping or minor breaks.)

Consume 300 calories and 24 ounces of water an hour.

Fuel those 300 calories with 50-60 g of carbohydrates and keep the protein intake to 5g or less per hour.

Some tips for fuel- Tailwind carb powder, Infnit Nutrition- Go FAR formula. Clif bars, fruits. Healthy fats like avocados and nuts.

Practice with different nution ideas during your "Dress rehearsal" ride every block.

Everyone's stomachs are a little different and this is the time to find out so you are ready for race day.