

WHEELHOUSE NEWS

DECEMBER 2020

Well, we are coming to the end of 2020 and although it's been a rough year for everyone, we are making the best of it at The Wheelhouse. I didn't do a WH News in November – somehow it got away from me, so I'm doing the newsletter early this month. Here's what's happening:

CLASSES

Phase II of Progressive Cycling® started the first week of November, with classes on Tuesday/Thursday at 6 pm, Wednesday at 4 pm and Saturday at 8 am. Looking ahead, **Phase III** is up on the website and open for registration. Remember, the classes are smaller, so if there is a certain day that works better for you, don't wait to sign up. *Coached athletes and those who have purchased an annual membership can buy the classes at a discounted price.* Register for **discounted** classes [here](#), **regular** classes [here](#) and buy a **membership** (optional) [here](#).

[Membership](#) is open to everyone, and when you join the team you not only become a smarter athlete, you realize huge savings on Progressive Cycling® classes, yoga, strength training, team events, as well as equipment from Rudy Project, Roka, Scicon Travel Bags, Restore Hyper Wellness, and The Running Warehouse.

Although we've already done one 3-hour (**endurance**) class, most of our classes have focused on **Sweet Spot and Tempo Training**. See page 4 for a funny story taken from the TrainerRoad forum on how hard Tempo training can be. But that which doesn't kill you Many of our athletes have retested their threshold after tempo training and a couple saw a huge bump!

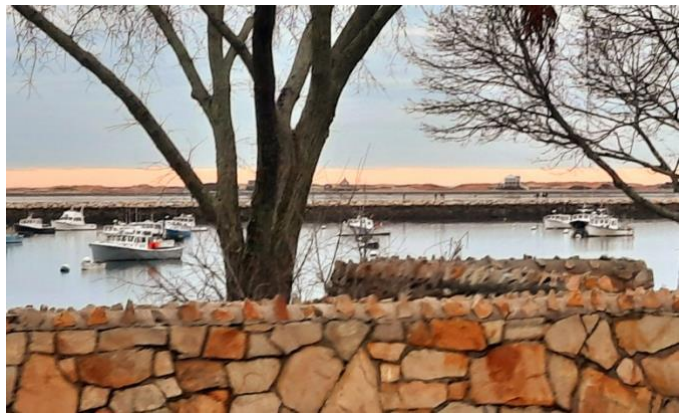
SAFETY MEASURES AT THE WHEELHOUSE

In addition to the routine bike and facility maintenance we've done at The Wheelhouse, we have added some safety measures to mitigate the risk of contracting COVID-19, and so far so good!

- As mentioned above, the classes will be smaller. There will be a maximum of 8 people per class.
- We have removed the elbow rests and handlebar padding on the bikes, as this is harder to clean.
- All the cleaning supplies contain either alcohol or bleach.
- We have installed a touch-free hand sanitizer station outside the cycling room
- We have purchased a touchless thermometer and will take temperatures before class.
- For now, we have suspended towel service and drop-in classes.
- Use of facemasks will be optional, but we do have some disposable ones if you forgot yours and would like to wear one, and we have some Team Pegasus masks for sale.
- We have 5 windows in the cycling room that we will open to keep the air circulating and we will do that as long into the season as is feasible.

AND CHALLENGES

Currently we are doing a [Marathon A Month](#) and [Core Crunch Challenges](#). On October 4th several of us did the **Boston Marathon** course, and the day after Thanksgiving we did a **marathon in Plymouth** (there is a half-marathon option available as well). For this month's marathon in Plymouth 11 people took part in some or all. The 26 miles started near the Plymouth waterfront, went south along the shore, through Chiltonville, downtown Plymouth, Cole's Hill, Burial Hill, Forefather's Monument and back to the start before heading North and West for the second 13.1 miles. At mile 20 Mike and Larry found 2 chairs on the side of the road marked FREE. One of them had a bike painted on it, so how could we not take them? Anita Simon has done some great videos of our adventures. Watch them on our YouTube channel.



Next month's marathon challenge will be at the end of the month and we are looking at Boston for a location. We'll keep you posted as soon as we have a date and route.

We have a solid group who are still going with the Core Crunch Challenge. Challenges are popular – you see them everywhere. But remember it's not a challenge if it's something you are doing anyway, right? I was going to tell you that the Core Crunch Challenge is surprisingly easy... and it was ... until this week. Today we had 500 crunches, yesterday 480 and the day before 460. I will say that it's surprisingly *doable*. And I do feel my core getting stronger every day. Keeping checking the website for more Challenges – next up: **Get Ready for the Gun Show**.

With all the races canceled this year it is almost impossible to qualify for the championships. Unless you are a talented athlete who can write a brilliant essay

DAVE DESANTIS XTERRA LEGACY GRANT

We are excited to announce that Team Pegasus Athlete **Bill Daley** is the 2021 recipient of the **Dave DeSantis XTERRA Legacy Grant**.

Made possible by 2015 XTERRA Warrior Dave DeSantis, the Dave DeSantis XTERRA Legacy Grant provides one man and one woman, a travel grant in the amount of \$2500 as an opportunity to experience an international XTERRA race. Travel funded by the grant is designed to support recipients with financial need to go after their boldest XTERRA travel dream and result in a connection with the global XTERRA community through a shared love of the “Live More” spirit.

The Legacy Grant honors the late **Dave DeSantis, Team Pegasus** athlete and a true **XTERRA Warrior** and inspiration to all. In 2013, he was diagnosed with stage 3 melanoma and was given a year to live. He fought it with everything he had and continued to race XTERRA through his treatment. DeSantis lost his long and valiant battle on June 5, 2017.

In his memory and to perpetuate his legacy further, XTERRA renamed the recurring XTERRA Warrior Award the Dave DeSantis XTERRA Warrior award.



TEMPO AND SWEET SPOT TRAINING – A USER’S PERSPECTIVE

(from the TrainerRoad Forum)

We’ve been doing a lot of Sweet Spot and Tempo rides at The Wheelhouse, so when I came across this humorous post by B. Barrera in the TrainerRoad Forum, I knew I had to share it:

ACCEPTANCE

The past weeks I’ve heard a lot of advice from people on how to pace the bike leg in an ironman. It seems fairly agreed upon that pro elite athletes ride at 80-85% of their FTP, essentially tempo, to avoid blowing up on the run. [coach’s note: that’s high for an Ironman, especially if you want to run well off the bike].

Then more recently, I read an interesting question from someone asking, “how long could someone ride at tempo?”

7-Zone Model for Threshold Training, by Dr. Andrew Coggan* (TR Sweet Spot)									
Zone*		Power*		Heart Rate*		General Info*			
#	Name	Watts	% FTP	BPM	% LTHR	TR RPE	%VO2M	W/kg	Possible Duration*
7	Neuromuscular (Part	518	150	^	^	^	^	6.3	Seconds to 15 Seconds
6	Anaerobic	518 414	150 120	^	^	10	^	6.3 5.1	Seconds to 120 Seconds
5	VO2 Max	414 362	120 105	^	^	9	100 88	5.1 4.4	3 Minutes to 8 Minutes
4	Threshold 90-100	362 345 328	105 100 95	184 175 166	105 100 95	8	88 83 80	4.4 4.23 4.0	10 Minutes to 60 Minutes
SS	Sweet Spot 88-90	328 304	95 88	166 158	95 90	7	80 73	4.0 3.7	1 Hour to 2 Hours
3	Tempo 75-90%	304 259	88 75	158 147	90 84	6	73 63	3.7 3.2	2.5 Hours to 8 Hours
2	Endurance	259 190	75 55	147 121	84 69	4	63 46	3.2 2.3	2.5 Hours to 14 Days
1	Active Recovery If 60	190 173	55 50	121 v	69 v	2	46 42	2.3 2.1	Up to 75 Years
#	Name	Watts	% FTP	BPM	% LTHR	TR RPE	%VO2M	W/kg	Possible Duration*
Zone*		Power*		Heart Rate*		General Info*			

This helpful chart says 2.5 – 8 hours. A pretty wide range. Also, 8 hours? Holy shit. A few weeks ago, I did a 5.5-hour ride at 70% (high endurance) and felt absolutely destroyed. Full body cramps. Questioning if I was still alive. Crying tears of blood to get through the final hours.

So now I want to try this. This morning I had no intentions of anything but a normal training ride. I did a 6 ride outdoors yesterday, a 3.5 hour ride at .7 the day before, and a 5 hour ride at

.6 the day before that. But, I was doing another long ride today, and as I placed my final sixth bottle of electrolytes on the table next to my bike, and clipped in and started pedaling, I couldn't get the thought out of my head "how long can you ride at tempo for?"

I normally stay fairly low carb, all my workouts so far this week except for the .7 ride had been fasted and no carbs during. But in preparation for what I vaguely anticipated being a longer and harder ride today, I had prepped with a whopping 150 grams of carbs the day before (2 sodas and a bag of popcorn) the epitome of high-performance food. This is one of the reasons I stay low carb. Once I start eating healthy carbs, I also start drinking 8 sodas a day, countless bowls of popcorn, chocolate, chips, and wash that down with a few more sodas because it complements the salty goodness so nicely. Why do I have the self-discipline to train 15-20 hours a week, manage a full-time job, eat huge quantities of vegetables, whole foods, time my protein intake, avoid alcohol like its literal H1N1 virus, avoid processed and fast food, but can't stay away from soda? Beats me. But that shit's delicious. Fuck electrolyte carb mixes. I'm going to start putting soda in my bottles for races.

Each bottle has 1 liter of water, and 80 grams of carbs, 67% maltodextrin (glucose), 33% fructose, and 1 gram sodium, and 100ish milligrams of potassium, magnesium, and calcium, respectively. All those micronutrients get added at the end of my "make your own sports drink" ritual, and I start getting board [sic] of measuring things out and start just throwing the shit in. My body will figure it out.

I cue up the 6 hour free ride on trainerroad, because that's the longest free ride they have, and warm up for about 20 minutes, going from 100 watts, to 150, to 200, to 240, sitting uncomfortably at .7 of my FTP (345 for reference). My legs are tired from the previous days efforts, or so my whining brain tells itself. If I had a nickel for every time I complained and made excuses about something uncomfortable: Jeff Bezos would be the second richest man in the world.

But I'm consumed by some self-destructive desire to try out this "tempo" thing. How hard can it be? When I did triathlons, I didn't have a 'power meter' or know about what an intensity factor even was to guide my effort. First you swam, grumbling about the duration of the swim (not because it's too long, but because it doesn't scale compared to the bike and run, because race officials are scared of triathletes drowning) Let's see how big the sport becomes if people have to swim for 8-16 kilometers for 2-4 hours. But anyway, after swimming twice the actual distance of the swim course, because open water swimming is surprisingly hard, I hop out of

the water. And go as hard as I possibly can on the bike, smash the hills, then deal with searing knee pain for the remaining marathon. That's how men do triathlons: really idiotically.

Fast forward to now, hearing about all this pacing and .8-.85 save yourself for the marathon shit. Tempo must not be that hard, these people are essentially riding their bikes like they're out for a Sunday afternoon with the kids.

So I pick up from .7, 240 watts, and see how 270 feels. Feels fine. And I set 270 as my minimum power. Now, if you're damned quick with numbers, or just also have the same FTP, you'd notice 270 is not .8. But I know myself, and if I set 270 as the minimum power I'm consistently going to be well over it, and I hate trying to maintain an exact number, so we'll just hope that averages out to .8, and if it doesn't, we'll figure out a mature way of dealing with our failure like throwing the bike in the dumpster and swearing never to ride again.

I have 10 and 3 second power, cadence, heart rate, and intensity factor (for the entire ride, not for the lap). I also cover up lap time and overall time on the trainer road screen. Looking at any sort of clock for efforts over an hour in length is the path to madness. Things feel pretty normal, maybe a little worse than an endurance effort, but I'm listening to my audiobook and occasionally sipping liquids. 30 minutes-ish go by, and I swap my audiobook for my "intense interval" playlist. 7 songs, non-repeating randomization. If the same track played every 7 songs, that would give me a way to tell how time is passing, which again, leads to madness. If you think 7 songs is crazy to listen to for hours on end: I can also put on a single song, and listen to it on repeat for hours.

I'm trying to spend a good bit of time in my aero bars, or at least drops, because triathletes do this in their TT position for 4-5 hours. But I also take nice long stretches riding out of the saddle. Triathletes don't do that, so I'm already making this easier. What a wuss.

After a few hours, or few minutes, I remember just how horrible I felt after my 5 hour ride at a high endurance pace. It's never fun when you cramp from your toes to your neck as soon as you stop pedaling, and are somehow still cramping while trying to take a shower and not slip and break your neck from muscle spasms. Objectively, a higher intensity for a similar amount of time should produce even more horrendous side effects. 'Side effects' makes us sound like drug addicts, but we aren't drug addicts. We're just adrenaline fueled junkies, who take risks, and engage in behaviors that alter the neurotransmitter levels of our brains in similar ways as taking amphetamines or cocaine, display addictive personality behaviors, and experience euphoria's

and rebound effects... nothing like drug addicts. Anyway, I start reasoning with myself that THAT ride might have been hard, but in the past few weeks I've piled on the training stress, nailed my nutrition with those sodas last night, and am far more prepared than I was then for today's effort.

After a few more minutes, I'm regretting everything I've ever thought about triathletes and riding at tempo. This is hard as balls. This is like having your teeth pulled without Analgesics, or antiseptics for that matter, I'm probably getting an infection from just how horrible this is. And I'm barely spending any time in TT position. Tops and hoods all day, I like being able to breath.

But I see a light at the end of the tunnel, I've drunk one bottle of mix, and there's only five liters left. So if I finish all my bottles, I can honorably end the interval, because who could be expected to go upstairs, refill bottles, and then return to this hell.

This provides the benefit of motivating me to stay hydrated, and see how much nutrition I can actually take in. With the possible bonus of vomiting, nausea and gastric issues. It's a six-liter time trial.

But how to get to the end of those six liters? It's taking me a long time to drink even one. If you're thinking, "oh, put on a TV show to pass the time, or a bike race!" I hate you. I wish I could pass time that way, TV somehow make endurance-training feel worse. Bike races without sound are normally fine, especially for rides at .6 IF. But I haven't paid attention to my ipad, which has some rerun stage of the Tour on it, in over an hour.

Anyway, how to pass the time? Normally I focus on the moment, pedal stroke, core activation, sit bones, consistent effort. Be in the moment. And time somehow just slips by like the gentle endless flowing of water in a river. In this case though, the river is lava, I'm in it, people are screaming, wolves howling for my blood, and the sky is raining fire. But I get an idea: nothing is going to make the lava river go away, so accept it. Accept that in this moment my life is uncomfortable, there's nothing to be done to try to stop it, shorten it, prevent it, or remove it, just accept the discomfort. Accept that you could stay like this forever; in fact, I am going to stay like this forever (or until those bottles run out, wink, wink). I'm going to pedal and pedal, and we're going to find out just how long I can last at tempo.

Periodically I glance at heart rate. It's been steady, fluctuating between 160 and 168 the whole time. And the longer I ride, the more I inwardly scream when I look at it, begging the damned number to reflect the state of being I am currently in. This interval is like being maxed out at

180, 190, 200. I shouldn't want it to go up, I'm pretty sure a lack of cardiac drift is a good thing and I should be happy. But maybe I'm also hoping I'll suddenly not be able to maintain power, so I can stop.

At 3 hours in my fan shuts off because it's on a 3-hour timer, and somehow I have yet again forgotten to disable that timer. I turn it back on easily enough with my phone, but now I know how long I've been riding, which I don't like, time does not have my permission to exist whilst on the bike.

But I get over it, and eons of time continue to go by. Seconds somehow stretching to the length of hours. The same seven songs cycle through, and I struggle through another liter and another liter of liquid.

Finally I finish the last of the sixth bottle. Let my cadence fall, shift the rag covering up the time. It's been 3.5 hours since starting the interval.



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Couldn't even make it to 4-5 hours like the triathletes do. I was wrong. Tempo is hard as hell.

I briefly contemplate riding a low endurance pace for a while, and doing a second interval at a high endurance pace to even out the day and use up the 6 hour time. I quickly jettison that idea and unclip from my bike. No cramps though, so that's nice.

How long have you ridden at Tempo for? In TT pose the whole time? my hat goes off to you. –
B.Barrera

That's it for now. Hope you made it this far and thank you for reading. Now click the links to sign up and we'll see you soon!

Beth and Mike