

WHEELHOUSE NEWS

JANUARY 2021

Woo Hoo! We made it through 2020 and we are looking forward to enjoying everything we used to enjoy before the pandemic changed our lives. We are hanging in there at The Wheelhouse and I am grateful for my health and for the health of family and friends. We know that you have to make tough choices when it comes to your group training, and I am humbled by those who have stayed loyal to The Wheelhouse. For me, staying healthy has been a combination of riding 4-6 times per week, getting outside for almost all my runs and long walks and most of all, being around like-minded individuals. Everyone has done their part to keep things healthy at The Wheelhouse and we appreciated your diligence!

As you all know, we have surrounded the bikes with adjustable half-screens of plexiglass and each rider has at least one fan on them. Windows are open, towel service is discontinued, and **deep cleaning** has become a routine that is almost meditative.

CHALLENGES (the kind we want!)



For those who have had to stay in touch virtually, the marathon and strength training [challenges](#) have been another way to engage. We've had two strength training challenges so far. The first one was a 6-week core-strength challenge that was daunting at first glance but turned out to be surprisingly doable. At the end of 6 weeks, the athletes who did all the steps ended up doing **20,021 crunches!** The **Gun Show** ends January 21st and I actually do notice the beginnings of 'guns'. Maybe more like a pair of .22s than 44 magnums, but it's something and it doesn't take much time to do the strength training.

We've also had three virtual cycling challenges since Covid: Virtual RAAM, Virtual Tour de France and the Tour de Wheelhouse. I plan to have another one soon (tentatively early March). It will be a **Spring Classic Stage Race** and will likely simulate riding on the **Milan-San Remo**,

Paris-Roubaix or **Tour of Flanders** bike courses. Most of the challenges are free and are really meant as a way to add to a well-rounded workout plan with the proven benefit of knowing that others are ‘suffering’ with you.

EVENTS

If you have an early triathlon or bike event, we will have you ready. It can be nice to get outside for a long bike ride, especially if the traffic is light and either the weather is great, or you are dressed just right. But because that combination can be rare during a New England winter, we at The Wheelhouse have created the perfect environment to get 3+ hours on the bike. Our first **MOVIE RIDE** is [January 24th](#) and is open for registration now.

CLASSES

Progressive Cycling® classes are held on Tuesday/Thursday at 6 pm, Wednesday at 4 pm and Saturday at 8 am. We are halfway through **Phase III** now with **Phase IV** starting at the end of February. 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.*

[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.

Since September we've done one 3-hour (**endurance**) class, the Tour de Wheelhouse, a couple of threshold tests and a lot of **Sweet Spot and Tempo Training**. We continue to mix it up so that athletes train every part of their energy system – rather than getting stuck in a training rut – and the camaraderie keeps us motivated.

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