



How to have a fun Nimby Race!

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Congrats on signing up for the Nimby Fifty!

If you've done it before, you know what you're in for! Every year is a learning experience; sometimes we learn from our mistakes and sometimes we make new ones! Either way you will have an unforgettable experience in this awesome race! Here's some race training strategies and tips to help you have more fun at the Nimby cuz that's what it's all about.

10 Week Plan:

May 28th is getting closer - are you going to be ready?! Here's a 10 week training plan you can use as a guideline and adjust as needed. Not everyone can handle a regimented and strict training schedule like the pro's. We have real jobs, families, other interests and want to ride with our friends and have fun on our bikes. This plan will show how your weekly riding hours should increase, when to take rest weeks, and how to plan the days leading up to the race. If you take the general idea of this schedule you won't be burnt out by the time race day comes and you will certainly be stronger than right now! Don't go and increase your weekly riding hours by a large amount and overdo it! Listen to your body and take extra rest if needed.

Weekly Ride Guidelines:

1 x Long Ride / week

1-2 x Hard Rides / week: Reaching anaerobic threshold during ride (up hills, intervals: 1-5 minute bursts:recover/repeat, loonie races...) Don't feel like you're going to barf but you're workin freakin hard!

1-2 x Moderate Rides / week: Fun rides with friends, perhaps a bit more social than the hard rides. Work on technical skills.

Off Days: yahoo! Don't be on your bike everyday; do some strength training, yoga, etc. Place these off days after your harder rides. You'll recover and be fresh for the next week of riding.

Week	Total Riding Hours	Notes	Long Ride	Hard Rides	Moderate to Eady Rides	Off Days!
1	6-7		1 x 2.5hr	2 x 1hr	2 x 1hr	2x
2	8		1 x 3hr	2 x 1hr	2 x 1.5hr	2x

3	9		1 x 3hr	2 x 1.5hr	2 x 1.5hr	2x
4	7	Recover Week	1 x 2.5hr	1 x 2hr	2 x 1-1.5hr	2x
5	8		1 x 3hr	2 x 1hr	2 x 1.5hr	2x
6	9		1 x 3.5hr	2 x 2hr	2 x 1hr-1.5hr	2x
7	10		1 x 4hr	2 x 1.5hr	2 x 1.5hr	2x
8	8	Recover Week	1 x 3hr	2 x 1hr	2 x 1.5hr	2x
9	11	Hardest Week	Do your pre-ride this week 3.5-4.5hrs?	1 x 2hr	2 x 2hr	2x
10	7	Rest Week	Easy ride	2x	2x	2x
RACE WEEK	4-5hrs + race	Prep Week: Eat lots and stay hydrated!	Just an EASY ride day before	1x Monday	1xtues 1xthurs (don't fatigue!)	2x

Road or Mountain Bike

If you have a road bike, great - it will give your body a break and help you increase your cadence. Use it for about 1 training ride/week as you'll gain more strength from riding technical trails on your mountain bike that will help you in this very technical race! Use the road bike to get some specific interval drills, and long rides.

Gear and Techy Stuff

There's always a lot of talk about what kind of tires/pressure/gear is ideal for the Nimby race. Just remember it's very technical and rocky - so do you want to have fun in these sections or do you want to feel afraid?! Slightly beefier tires will help you roll through the chunder more easily and you'll have less risk of a flat. They might be slightly slower on the climb but way more fun on the down! (for me it's all about the Down Time!) Ride your practiced lines and don't try something new on race day or try and show off! It's ok to walk sections so you come out in one piece. I have some pre-ride clinics planned the 2 weekends prior to the race so join me and increase your confidence on race day. Have your bike tuned and in top shape and do a little test ride once it's out of the shop in case there are any surprises or last minute tweaks that need to be done. Other essential stuff for this course is a dropper post and baggy shorts! If you hit the ground you won't be riding half naked for the rest of the course, plus you'll blend in with the locals.

Strength Training

Strength training in the gym or at home with weights will help you gain more strength and power on your bike for sure! You'll fatigue less on the technical terrain by having a strong upper body and core and be able to hang onto the bars on the long descent. Stronger legs will help you power up over obstacles and not cramp as fast mid-way through the race. 2x/week is good, 3x/week is even better! You can double up a strength training day with a moderate ride no problem. Find out what your weaknesses are and work on them to make them your strengths! Don't just do the same 'ol routine.. mix it up and challenge yourself. Stretch daily! Especially hip flexors/quads, glutes, hamstrings, pecs... Hold your stretches for 1.5-2 minutes for any lasting benefit.

Race Day Eating Plan

Planning your eating throughout the race is one of the most important elements. When will you have a chance to eat? Where will you put your food? All these questions should be answered by the time race day comes. Look at the race map and figure out when and where you're going to be able to get your hands on your food. It's a technical race - meaning your hands will be on your bars most of the time! So you can feed yourself in between the technical sections. Plan to shove something in your mouth at least every hour-45 minutes. Even if you're not hungry! You're going to be in trouble if you wait till you're hungry! Don't try a new gel or bar on race day - try it in your training rides and make sure it agrees with your stomach. Gels, blocks, bars, fruit.. all of that is easy quick carbs that your body can process and turn into energy. Race Day Breakfast: eat 2 hours in advance of the race start. Lots of carbs and some protein. Smoothie, scrambled eggs/rice/toast/vegies, pancakes with yogurt/fruit, hot cereal/fruit/egg...

Race Day Hydration Plan

How much water will you need? Bottle or camelbak? Figure this out on your training rides and make a plan well in advance. It's pretty hard to drink enough water from a water bottle up the Nimby climb. If you wobble around taking a hand off your bar you might end up at the bottom of the mountain! Sure all the Pros will have water bottles.. but it only takes them 30 minutes to climb the Nimby! A small camelback will allow you to drink way more water. You don't want to be carrying 3 litres of water on your back at the start of the race though! Plan to either fill it up again at the 2 water stations or swap it out for another camelback or water bottle. Electrolytes and carbs in your water are really important for this race to keep your body fuelled and properly hydrated. Try them out on your training rides and see how they work with your stomach and energy levels. The best part about the race day hydration plan is that it involves beers at the end of the ride. Try not to start thinking about this until 3/4 of the way through the race!

Pacing and Passing

Start smart and finish strong! Early over-pacing leads to muscle cramping and premature fatigue. Settle into a groove on the climb and don't panic about trying to pace every single person. If someone passes you in running shoes and a big backpack.. well good on them! You will most likely pass them back as you keep your steady pace through the entire race. If you get caught up in the rush to the top you will be beat by the last half of the course - ouch! If someone catches up to you that means they are faster than you - let them pass! If you need to pass someone, be nice and tell them what side you're going to pass. Even the pros at the head of the race are nice to each other. Let's face it, no one in the middle of the pack is going to win the race - we should all be there for a good time!

Cramping and Crying

This race comes with a very high percentage of cramping potential! The steep long climb followed by a long steep descent (where there is not much pedalling) is the #1 recipe for cramping! You can try and keep the cramps at bay by being prepared: you followed your training schedule, you're legs are strong and you've ridden up Nimby more times than you ever wanted to, you've stayed hydrated and eaten lots of carbs the week leading up to the race, you stayed hydrated and fed during the race, you didn't punch it too hard off the start... You still might cramp after all this! Try to pedal through the cramps and use other muscles to keep the pedals going around. This is way better than stopping and getting off your bike... you will turn into a stiff zombie! Keep your feet on your pedals and tough it out. If a little tear pops out that's ok but only feel sorry for yourself for a millisecond. Suck it up - this is just a bike ride. You are lucky to even have a body that can pedal a bike, let alone even have a bike. Plus beer is really great for rehydrating those cramped muscles and you are getting closer to beer and burgers every pedal stroke!