



## Nimby Fifty Racing Tips for the Average Human

*Written by Sylvie Allen of Sweet Skills Mountain Bike Coaching & Personal Training*

Congrats you signed up for the Nimby Fifty! It's the coolest race around and one of the toughest.

Now's the time to plan your weeks leading up to May 30th so you have an awesome race! You probably signed up for this race to have fun, survive, and to do your best.. let's not get too serious while realizing the importance of staying on track and having a plan.

Hopefully you can find some useful tips here and if you still have questions let me know:  
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### 10 Week Plan:

Not everyone can handle a strictly regimented 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.

I've outlined a general 10 week training plan to 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!

Adjust the hours accordingly: how many hours did you ride this week? Add 1-2 hours to that for your week 1 and adjust the riding hours/week along with the suggested increase decrease throughout the 10 weeks. Please don't go and increase your weekly riding hours by a large amount and overdo it! Listen to your body (not your brain) 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 that 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 every day; 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<br>1xthurs (don't fatigue!) | 2x        |

### Road or Mountain Bike

Make most of these mountain bike rides. You can throw in a ride here and there on the road but not more than 1x/week. You'll gain more strength from riding technical trails that will help you in this very technical race! Use a road bike to get some specific interval drills, long rides, and to give the body a break from the mountain bike.

### Strength Training

**Yes**, you should get on a strength training program to gain strength and power on your bike. You'll fatigue less on the technical terrain by having a strong upper body and core. Stronger legs will help you power up over obstacles and not cramp as fast mid-way through the race. 2x/week in the gym will be good, 3x/week is even better! You can double up a strength training day with a moderate to easy 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. Stretch all the time - in the kitchen, brushing your teeth, reading...

### Race Day Eating Plan

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, unless you don't mind stopping.

Plan to shove something in your mouth at least every hour to 45 minutes. Even if you're not hungry! Don't wait till you're hungry or you're going to be in trouble! Don't try a new gel or bar on race day - try it in your training rides and make sure they agree with your stomach. Gels, blocks, bars, fruit.. all of that is easy quick carbs that your body can process and feed your muscles and brain.

Race Day Breakfast: eat 2 hours in advance of the race start. Lots of carbs and some protein. Such as: 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? Again figure this out on your training rides. 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.

Make sure you have electrolytes in your water! Try them out on your training rides, you should always have electrolytes on any ride longer than 1 hour. 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 these 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. Finish strong and fast with nothing left in the tank! Don't empty your tank too early! If you get caught up in the rush to the top you will be beat by the last half of the course - ouch! You will probably start bonking and bumping into things you can normally ride.

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

Sorry, but you probably have a 90% chance of cramping in this race! 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 that 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, and yet,... 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. Remember this is just a bike ride. You are lucky to have a body that can pedal a bike, let alone own a bike. Plus beer is really great for rehydrating those cramped muscles. Every pedal stroke is getting you closer to beer and burgers!

**Be Prepared - Have Fun – Stay Positive – Laugh at Yourself at Least Once!**

For more **biking and fitness tips** follow me on FBook, Instagram, Twitter: sweetskillsbc

**Need a guide** to show you around the course on a pre-ride? <http://sweetskills.ca/mtb/tours>

Boost your **skill** level for the Nimby! Pemberton Nimby Pre-Race Clinics and Women's Clinics are starting in April! <http://sweetskills.ca/mtb>

### **Nimby Fifty Pre-Ride Clinics**

Learn valuable tips and skills to conquer the technical sections of the course and increase your confidence on race day! Racing tips, nutrition and line choice will all be discussed as we have fun pre-riding 1/2 the course. Sylvie is past Downtime Champion and top 10 finisher of the Nimby. Let her show you the secret lines!

Sunday April 26 10am-2pm  
1st half: Nimby / Overnight

Sunday May 3rd 10am-2pm  
2nd half: Mosquito Trails

Cost: \$90/clinic

Sign up: email [sylvie@sweetskills.ca](mailto:sylvie@sweetskills.ca)

Private coaching and guiding is also available for you or your group of friends! Email Sylvie to book your own session.