

<p>LIFESTYLE</p> <h2>SP</h2> <p>SUPPORT</p> <p>Build a team of support that will help you reach your goals while balancing the demands of training, work, and family.</p>	<p>NUTRITION</p> <h2>CR</h2> <p>CARBS</p> <p>Consume carbohydrates for optimal performance. Eat a healthy, carb-rich meal 3-4 hours before, then continue to ingest carbs during your workout.</p>	<p>TRAINING</p> <h2>SR</h2> <p>STRENGTH</p> <p>Incorporate strength training to become more efficient at transferring power and recruiting muscles in the pedal stroke.</p>	<h1>The Elements of Getting Faster</h1>	<p>RECOVERY</p> <h2>SL</h2> <p>SLEEP</p> <p>Focus on the timing and regularity of your sleep schedule to help you feel more rested and assist your body's mending process. High quality sleep makes for high quality recovery.</p>	
<p>LIFESTYLE</p> <h2>SS</h2> <p>STRESS</p> <p>Training places a massive amount of stress on the body. Try your best to reduce off-the-bike stress as much as possible.</p>	<p>NUTRITION</p> <h2>QT</h2> <p>QUANTITY</p> <p>Adjust food quantity for your goals, but fuel the work. Aim for 60-90 grams of carbs per hour for rides longer than an hour. The more you work, the more fuel you'll need.</p>	<p>TRAINING</p> <h2>CO</h2> <p>CONSISTENCY</p> <p>Build and promote fitness sustainably with a steady progressive load that will result in higher aerobic capacity. Consistent training makes you faster and can prevent training setbacks.</p>	<p>TRAINING</p> <h2>AS</h2> <p>ASSESSMENT</p> <p>Assess your fitness to ensure you are providing the right amount of stimulus to drive fitness adaptations. The Ramp Test is a critical first step in assessing your current fitness level.</p>	<p>TRAINING</p> <h2>SB</h2> <p>SCIENCE-BASED</p> <p>Use a science-based approach to analyze your training. Use the data to find what works, discover failure points, and see the impact of your hard work.</p>	<p>RECOVERY</p> <h2>RE</h2> <p>REST</p> <p>Take physical and mental breaks to increase your motivation and performance. Rest translates to productive workouts in the future.</p>
<p>LIFESTYLE</p> <h2>HA</h2> <p>HABITS</p> <p>Build healthy habits over time to stay consistent. Start with small habits that you can maintain. Minor changes compounded over time eventually lead to significant transformation.</p>	<p>NUTRITION</p> <h2>HQ</h2> <p>HIGH QUALITY</p> <p>Maximize what you eat with a variety of high-quality, nutrient-dense foods to ensure that your body is getting the nutrients it requires.</p>	<p>TRAINING</p> <h2>VO</h2> <p>VOLUME</p> <p>Select a training volume that fits your lifestyle. The right amount of volume will provide enough training stimulus while allowing you to recover in time for the next workout.</p>	<p>TRAINING</p> <h2>PR</h2> <p>PROGRESSIVE</p> <p>Peak your fitness with an increasingly progressive and precise stimulus. The Base, Build, and Speciality progression layers more specific forms of fitness atop your aerobic base.</p>	<p>TRAINING</p> <h2>IN</h2> <p>INTENSITY</p> <p>Add intensity to your training to combat lack of time. Intensity allows you to compensate for a limited training schedule and build event-specific fitness.</p>	<p>RECOVERY</p> <h2>FN</h2> <p>FUN</p> <p>Enjoy your hard work. Riding the bike is fun, so take a few moments to celebrate training victories to stoke your motivation.</p>
<p>LIFESTYLE</p> <h2>LR</h2> <p>LEARNING</p> <p>Learn and practice new skills and strategies continually so that you can constantly improve your fitness and racecraft.</p>	<p>NUTRITION</p> <h2>HY</h2> <p>HYDRATION</p> <p>Drink proactively and aim to take in a bottle an hour. Your hydration needs will vary based on the conditions, intensity, and individual physiology.</p>	<p>TRAINING</p> <h2>EQ</h2> <p>EQUIPMENT</p> <p>Optimize your training setup. If you're training indoors, keep cool with a fan, store bottles nearby, and listen to music for extra motivation.</p>	<p>TRAINING</p> <h2>ST</h2> <p>STRUCTURE</p> <p>Structure your training with intervals to build specific energy systems. Structured, power-based workouts are the most effective way to become a faster cyclist.</p>	<p>TRAINING</p> <h2>GF</h2> <p>GOAL-FOCUSED</p> <p>Follow a training plan that focuses on your goals. The ideal training plan will consider your current volume, experience, discipline, and events.</p>	<p>RECOVERY</p> <h2>BL</h2> <p>BALANCE</p> <p>Recover with rest, sleep, and nutrition to balance your training. It's during this time that your body is adapting and getting faster.</p>