

The harder you train, the more essential recovery becomes, but after a ride you may not be thinking at your best, so make habits of post-ride routines. Here's a schedule to follow:

**Before the ride:**

- Set up your post ride nutrition (make sandwich, mix drink, cook brown rice...)
- In miserable weather, make your trainer accessible for your cool-down ride.

**During the Ride:**

- Warm up generously before going hard to reduce muscle damage and fatigue.
- Go only as hard as needed to reach the day's goals. Save energy for the next ride or race.

**After the race or the hard part of the ride but before you dismount:**

- At a race, quickly go to the car get dry clothing, a bottle of recovery drink and a snack.
- Switch to low gears and Recovery Zone heart rates and roll easily for at least 15 minutes on the road, trail or trainer.
- Eat a final big bite of carbohydrate rich food, about 100 calories worth in the last few minutes so you won't be starving when you get near a fridge.
- Drink most of a bottle of water or exercise drink.

**As soon as you get off the bike:**

- Get a snack or recovery drink of ~100 calories if you didn't get one late in ride
- Get a drink if you didn't get a big one near the end of the ride
- Grab the bike computer or heart monitor and set it aside for down-loading
- After you snack and drink but before you shower, squirt the bike with a hose and rub with a cleaning brush or rag if it is very dirty, and lube the chain (unless you have a mechanic to do it for you.) Make this a quick cleaning. Save deep cleaning and maintenance later.
- Shower and get in dry clothing warm enough that you will be comfortable after your body cools post-ride. Put on a hat or slippers if it's cold.

**Once you are dressed:**

- Have a balanced lunch with carbs, protein, vegetables and fruit
- Spend at least a half hour with your legs up
- While legs are up, give yourself a leg massage. If the ride was hard, do an ice massage.
- Upload your heart rate or power files, write in your journal
- If you are sleepy or if the ride was hard, take a nap.
- Some time during the day, stretch.
- Eat well the rest of the day and get to bed early

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