Can you suffer less and be better?

Wow, how many have done an event/race and was going strong feeling well then BAM! A change in energy, pace and everything on the body starting to hurt…

We have all been there, even myself in many races. I have learned to start focusing on the things I can control.

It’s a post ride symptom all road cyclist even well-trained cyclist experience. The demand for balance control and the complete control of the bike is much more intense than most would expect. So, you ride a 100 or even 50 miles on the road with relative controlled fatigue that you can recover from and even enjoy a next day ride. Gravel, well not so much. A new [study](https://journals.lww.com/acsm-msse/Citation/2021/05000/The_Effect_of_Cycling_specific_Vibration_on.7.aspx) shows the demands the terrain and vibrations can have on your body.

So, this phenomenon is a reality and can be limited by choosing the right tires/pressures and other dampening equipment to increase comfort. Focusing on driving the power and energy to maintain our efficiency and move the bike forward as best as possible. Yes, you do not always have to race but there is a lot to be said for finishing a challenging ride in a respectable time and being able to enjoy a moment with your family and those you care about dearly post rides/races.

The training program will help you prepare for the physical demands and proper equipment will enhance that to perform to the top of your ability! How about that?

Let’s get after it and be our best version of ourselves!