



## Riding/Event Warm Up

It's a beautiful day, you pack up your bike and gear bag, you hit the road anticipating your ride by reviewing the particulars and getting excited at the same time.

You arrive, unpack, change, pull your moto off the truck, fill it with gas, and after putting on your helmet, boots, gloves and goggles, you're off, right?

Please say NO, cause your missing out on performance benefits of going through a quick warm up!

So let's take a look into some of the details related to warming up...

First, why warm up?

I think we all know of the importance of warming the body up for performance, right?

I mean, there's a ton of science that proves the benefits, and you've heard it all over how important it is. So let me provide you with some good info:

### **First- there are a few types of Warm-ups:**

- Passive: increase temperature by external means like a hot tub or sauna
- General: increase temperature using non-specific body movements
- Specific: increase temperature using similar biomechanics used in subsequent, more strenuous activity.

### **Second- there are also various forms of warming up, like:**

- Stretching- types are static, ballistic and dynamic (PNF)
- Mobility work with a foam roller, lacrosse ball or stick
- Assisted stretching which is forced stretching
- Yoga
- Stationary biking
- Movement based, integrative mobility and stretching work
- Rehearsal of sports specific movement



### Third- some of the warm-up Benefits include:

- Elevation of body temperature- The temperature increases within muscles that are used during a warmup routine. A warmed muscle both contracts more forcefully and relaxes more quickly. In this way both speed and strength can be enhanced. Also, the probability of overstretching a muscle and causing injury is far less.
- Improve Efficient Cooling - By activating the heat-dissipation mechanisms in the body (efficient sweating) an athlete can cool efficiently and help prevent overheating early in the event or race.
- Increased Blood Temperature - The temperature of blood increases as it travels through the muscles, and as blood temperature rises, the amount of oxygen it can hold becomes reduced. This means a slightly greater volume of oxygen is made available to the working muscles, enhancing endurance and performance.
- Improved Range of Motion - The range of motion around a joint is increased.
- Hormonal Changes - Your body increases its production of various hormones responsible for regulating energy production. During warm up this balance of hormones makes more carbohydrates and fatty acids available for energy production.
- Mental Preparation - The warmup is also a good time to mentally prepare for an event by clearing the mind, increasing focus, reviewing skills and strategy. Positive imagery can also relax the athlete and build concentration.
- Increase dissociation of oxygen from hemoglobin and myoglobin
- Lowering of activation energy rates of metabolic chemical reaction
- Increase muscle blood flow- This reduces the resistance to blood flow and lower stress on the heart.
- Reduction in muscle viscosity
- Increase sensitivity of nerve receptors
- Increase speed of nervous impulses
- Reduces incidence and likelihood of musculoskeletal injuries
- Supplies adequate blood flow to heart
- Warm up of two minutes prior to sudden exertion can decrease relative myocardial hypoxia and decreased blood pressure during exercise.
- **LASTLY! HELPS AID IN RECOVERY FOR MULTI-STAGE-DAY EVENTS** and will help in the faster recovery from an injury.

*Banard RJ, et al. (1973). Cardiovascular responses to sudden strenuous exercise - heart rate, blood pressure, and ECG. J Appl Physiology. 34:833.*  
*Shellock, FG & Prentice, WE (1985). Warming-Up and Stretching for Improved Physical Performance and Prevention of Sports-Related Injuries, Sports Medicine, 2: 267-278.*

So as you can see it's easy to get bogged down by the benefits and science, so let's keep it simple just as it's intended to be. Because in the end, you should find out exactly what works for you to help you feel like you are ready to perform, right out of the gate!



## **RIDE DAY WARM UP:**

The body's internal "banking system" begins to work...

First, we all know the first 5 to 7 minutes is always the hardest. You know you get started on your ride, then all of the sudden you start breathing hard (especially here at a mile about sea level!), and your legs start to burn right away! Then you start thinking, "my gosh, is it going to be one of THOSE DAYS?!"

This, my friend, is called "Oxygen Debt."

It's where your body begins to "borrow" it's cellular oxygen to feed the oxygen requirements that your muscles are now placing on the cardio respiratory system.

BUT, have you ever noticed that after the 7-10<sup>th</sup> minute or so, your breathing starts to normalize, your legs start to get a little warm and stop burning, and your focus increases?

This is the point you've reached, "Oxygen Deficit," where the body begins to utilize the O<sub>2</sub> that your are breathing in and "pays back" the cellular O<sub>2</sub> that it borrowed in the first place.

So, when you go through a pre-ride warm up, you essentially can take out this whole "body banking" system by helping it become better oxygenated as well as preparing the muscles to receive the O<sub>2</sub> coming in.

Let's begin with your warmups.

AND DON'T FORGET...

### **These are the PRODUCTS NEEDED:**

- A. Blanket
- B. Foam Roller - [Get it Here.](#)
- C. Stick - [Get it Here.](#)
- D. A car or tree

# MTB STRONG

## 1. FOAM ROLLER:



1



2



3

✓ **For Glutes (1&2):**

Lay on top of the roller with hips at a 45-degree angle and move up and down, working through any tight spots. For deeper hip work, cross the leg that you are sitting on, over the other

✓ **For IT Bands (3):**

Lay on top of the roller with top leg bent and foot flat, bottom leg is straight and relaxed, use forearm and top leg to move you up and down on the roller working through any tight spots.

✓ **For Quads and Inner Thighs (4):**

Now lay on top of the END of the roller. See how my right leg is on the end of the roller? Move up and down to hit the hip flexors and quads, then “open” your leg up to hit the inner thigh and do the same thing.

# MTB STRONG

## 2. THE STICK:



1



2

Sit on chair or place your foot on your car door frame, and with a stick, club or piece of pvc pipe, massage your calf from top to bottom or bottom to top, the inside (1), the outside (2) and the entire backside of the calf and soleus (3).

## 3. THE NECK- LEVATOR SCAP STRETCH



1



2

Standing or sitting:

Tuck your chin as far down as far as you can (1), then look to one side as far as you can ((2) you should now be looking into your arm pit, and feeling it in the opposite side neck, in the case of the pics, the LEFT side).



3.

With arm of the same side as the armpit you are looking into, use it to grab behind the head so that your ring finger can touch your ear. Now GENTLY pull your head toward your armpit till it stops, the rest for 5 seconds, then push your head GENTLY back into your hand for 5 seconds, then GENTLY pull your head back into your arm pit again. Do this “Relax/Contract” sequence three to five times and switch sides.

## 4. CAR DOOR OR TREE CHEST STRETCH



1



2

Start by placing arm on a vertical object with elbow at a 90-degree angle (1). Then relax into your stretch by pushing your upper body forward (2), now RELAX for 5 seconds.

- After you relax for 5 seconds, CONTRACT by pushing the arm into the vertical object with a 20-30% effort like you are trying to push the vertical object out of the way. Hold for 5 seconds. THIS IS ONE SEQUENCE! NOW REPEAT THIS SEQUENCE 3 to 5 MORE TIMES.
- Now RELAX again and move forward (2), like I'm doing in picture #2...can you see a difference of how I am farther than in picture #1?
- Keep in mind that you have to relax for 5 seconds and contract for 5 seconds and do those 3 to 5 times.

# MTB STRONG

## 5. LAT STRETCH USING DOOR OR FIXED OBJECT



Grab something stationary like a tree, car door, or doorknob, then, lean away from your arm and drop the butt on the same side that you are stretching. Then just try to stretch the side of your body from your hand to your foot.

NOTE- if a shoulder is painful, go slow and be smart!



## 6. LEG UP- HAMSTRING AND GROIN STRETCH



1



2

Place a leg up on something elevated like a bench, chair, log, rock, etc. (1). Then with a flat back, hinge forward from your hips to get a good stretch in the hamstring. Then open the foot that is on the ground to 90 degrees (2) from the foot that is elevated, then you'll feel a good stretch in your groin, then lower your butt to the floor to increase the stretch.

## 7. SB LUNGE STRETCH



1.



2.

Get into a kneeling position using a ball or bench for balance, then place your foot (my left in pic #1) further than 90-degrees. From here, with your chest up, push your hip (my right hip in pic #2) forward to open the front of the hip and stretch the hip flexor. Hold, relaxed for 5 secs, then push the knee of the back leg into the ground for 5 secs, then relax, and push the hip forward again and repeat relax/ contract sequence.

## 8. SEATED OR STANDING LEG CROSS STRETCH



Find something to lean on, then cross your leg over your knee and lower the bent knee toward the floor/ground. Now drop your butt to the floor while keep your chest up, this will increase your stretch in the deep glute area.

# MTB STRONG

## ACTIVE WARM UP:

The goal of the active warm up is to now take advantage of the warmer, looser body and integrate it and specifically move it.

### 1. Inch worms- 8 reps



1



2



3



4

Bend forward and place your hands on the floor (1), then walk forward with your hands till you get into a plank position, then walk your feet back to your hands, keeping your toes high. This is great for hip hinge and hamstring stretching.

# MTB STRONG

## 2. Leg swings- front/ sides- 8 each



1



2



3



4

Grab, something to hold onto, then, swing your leg forward and backward (1). Do the same for the same leg, but now face the thing you're holding onto, and now swing your leg side to side. Switch legs.

# MTB STRONG

## 3. Squats- 20 reps



Simple. Just squat with good form; butt back, then bend knees, keeping chest up the whole time.

## 4. Back lunges- 10 each leg



From a standing position, step backward into a back lunge where the knee angles look similar to mine. No knee over the toes though!

# MTB STRONG

## 5. Push up with knee drives- 10 reps



Perform a push up, then, drive one knee toward your chest. Do another push up and drive the other knee toward your chest. Repeat.

# MTB STRONG

## 6. Push/ Pulls- 5 reps each move and each push and pull



1



2



3



4



5



6



# MTB STRONG



7

Stand with good posture and with your dominant hand facing your face, interlock fingers and keep your shoulders and elbows parallel with the floor (1), and try to pull your elbows apart, but resist with your grip you created. Now keeping your torso still, pull out with your elbows and move your arms to the left and to the right (2,3). Do 5 reps.

Now, “swim” forward and backward with your elbows moving in a swim type pattern, do 5 reps each direction- FWD and BKWD. Then, do circles with your hands forward and backward 5 times in each direction.

THEN, do the exact same sequence but push your hands together instead of pulling them apart.



## **RACE DAY WARM UP- BE PREPARED!**

### **PRODUCTS NEEDED:**

- A. Blanket
- B. Foam Roller - [Get it Here.](#)
- C. Stick - [Get it Here.](#)
- D. Stationary bike/trainer

Let's face it, when it comes a race or event day, a proper warm up IS CRUCIAL to success as it brings a whole different level of preparation, rest, concentration, hydration, gear readiness, a time schedule and a mind-set ready to perform.

Knowing this, I believe that the warmup period is a great time to “settle in” to the task at hand. You've been training hard, visualizing, watching Go Pro videos from practice, and getting excited, and now it's close to go time!

So, I encourage you to use this race day warm up to help you “top off” your efforts and settle in to knowing that a whole bunch of kick-assery and fun that's about to begin!

Now, I know that there will be different scenarios that we will all be in as it relates to warming up and your temporary living arrangements if you travel to races. Things like:

- A. You're camping
- B. You're in a hotel
- C. You're running late (JUST SAY NO TO THIS!)
- D. It's raining or cold

Whatever the circumstance... adapt and get this done!

### **STEP ONE:**

Start on a trainer (Or take an easy spin) and ride for 15 minutes to get some warmth in the body.

### **STEP TWO:**

Now do the same stretches and active stretching moves you do in your normal “Ride Warm-up”

### **STEP THREE:**

**GO BLOW THE FREAKIN'  
KNOBS OFF! BRAAP!**